



lifestyle
Effective coaching
of language students in Europe



MEETING IN KRAKOW, POLAND

January 21 – 22 2019, the second meeting of the L2Lifestyle partnership was held in Krakow, in Poland. The meeting was attended by the representatives of UK, Spain (2), Poland, Romania and Ireland. We had a storyboarding workshop and a lively discussion on the pills to be produced by all partners. We also discussed the timeline of the project and set the basis for work to be carried out in the next few months. The date of the next project meeting in Malaga, Spain, is June 10th and 11th 2019.

Our partnership comprises:

- Babel Idiomas – Spain
- York Associates - UK
- Arid – Poland
- CPIP – Romania
- Diamond Building – Spain
- I & F Education - Ireland



WHAT IS IO1?

The aim of the current intellectual output one is not to train teachers to be coaches and conduct 1-1 coaching sessions. Instead, the focus is on improving teachers' skills to use coaching techniques in the language classroom.

Review and clarification of can-do statements:

This is a very important document because it will be the blueprint for designing the training systems in intellectual output 1. The collaboration between the three organisations, York Associates, Diamond Building and Babel Idiomas was necessary for the creation of these can-do statements.

Consortium partners were given time to read the can-do statements and discuss their opinions on them. Each partner had the chance to ask questions and clarify.

OUR 6 MODULES

The L2Lifestyle project will develop the skills of foreign language teachers so they can integrate soft skills content, insights from the fields of Emotional Intelligence and Neuro Linguistic Programming, in 6 different modules.

6 MODULES

MODULE 1

- COACHING: WHAT? WHY? WHAT FOR? AND HOW?
- INTRODUCTION TO COACHING AND BRIEF HISTORY
- THE 4 BLOCKING SCENARIOS
- MAIN CATALYSTS

MODULE 2

- CHANGE METHODOLOGY (7 STEPS TO ACHIEVE RESULTS -MÉTODO D.I.A.M.O.N.D-)

MODULE 3

- STRUCTURE OF A COACHING SESSION
- 5 ORGANIZATIONAL STEPS

MODULE 4

- GROUP / TEAM COACHING
- DOMAINS FOR A TEAM TO FLOW

MODULE 5

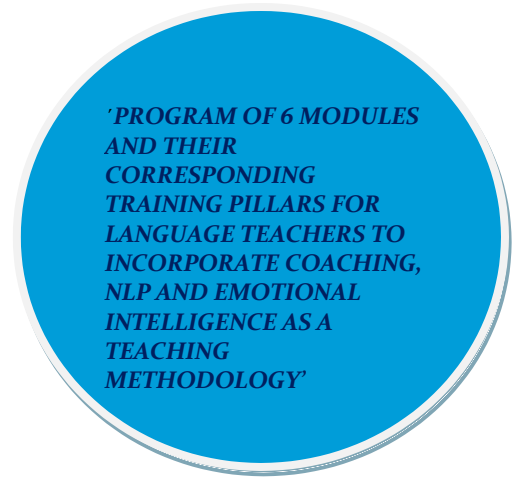
- EMOTIONAL INTELLIGENCE
- OPERATIONAL AND INOPERATIVE EMOTIONS
- CREATION OF STRATEGIES FOR FUNCTIONAL EMOTIONAL STATES

MODULE 6

- NEURO-LINGUISTIC PROGRAMMING
- METAPROGRAMS
- MENTAL MAPS
- ACCESS
- ANCHORS
- RAPPORT



For further information please visit our website www.l2lifestyle.eu or our Facebook page.



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