Seven core principles of neurolanguage coaching That can be incorporated in language teaching

What is neurolanguage coaching?

Neurolanguage coaching (NLC) is a brain friendly language-teaching model based on:

- The principles of coaching: goal setting, motivation, individual growth;
- Neuroscience: learning about the brain, attention, and memorization techniques.

Why neurolanguage coaching

In the inclusive classroom:

- students with special educational needs;
- Modern students want to learn faster and easier;
- Every brain is unique.

7 key principles of nlc

Calm brain state

Student fears:

Fear: afraid to speak the language, afraid of mistakes

Solution: create calm and brain friendly atmosphere

Fear: uncertainty

Solution: to split the material into blocks, to set concrete goals

Fear: Group dynamics,

solution: explain group goals, be empathetic to every student

Problem: forced to learn the language, no motivation

- **Solution**: individual conversation, explain the importance of the intention and motivation, accept his point of view

Motivation is crucial

- Motivation directs behavior to the particular goals,
- Motivation increases effort
- The more progress or success the learner feels, the better he starts learning
- The goal setting and reviewing

Attention

- Energy flows where attention goes
- Variety and novelty can keep attention high
- Relevant topics
- Interactive conversations

Lead to subconscious speaking

- Students translates from the native language
- Student talks about himself without noticing

Breaking down the material

- Dividing the grammar material into smaller parts
- Setting concrete goals that can be achieved in definite periods of time

Learn more about our own brain

- Helps to become aware of learning processes and strategies
- Helps the teacher to convey brain friendly topics to the class

7 Key principles

- Brain friendly atmosphere
- motivation
- attention
- subconscious speaking
- breaking down the material
- connecting to the familiar information
- learning about our own brain