

A transition to Language Coach

Interview with Marília Schmitz, Portuguese and English teacher, Brazil



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Can you describe your professional career before taking the language coaching certification (LCC)?

Before taking the LCC I knew it was time to change something, but I didn't know exactly what. I had been teaching for many years, had taken several courses everywhere, and I was looking for something which might boost my confidence and support me in my journey.

How did you find the course?

Taking the LCC was something challenging, inspiring and life-changing, indeed. I had to (definitely) make those changes I was supposed to. I had to act and to prove myself the changes. It inspired me to think more deeply about my responsibility with my students and with myself. It was life-changing because after that I've deepened my studies into everything that is related to neuroscience, learning better, motivation, and so on.

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Which highlights or insights did you gain from the LCC?

Although I knew and had already read a little about the brain previously, the way it works and the way it learns, I didn't know much, and I had no idea of its real importance. After my certification I was able to understand better how to proceed further, and I noticed how important it is to have a network who is also interested in reaching the same goals.

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What was the immediate impact on your way of teaching after taking the course?

Sure! I’ve been much more motivated to teach, and more interested in learning the way every one learns. I’ve been more relaxed, easy-going, and I’ve also been less busy, as the coachees have produced more, not me. I help them, I don’t do their job anymore.

Were there any impacts on your personal life during or after the course?

After the course I’ve been more self-disciplined about meditation and its importance regarding my personal balance to do everything better. That involves my work, family, people, everything. I try to keep more focused, living the moment and being more positive.

How was your professional development after the course?

As I’ve become more focused and more relaxed, my work has become kind of ‘lighter’, I mean, it is not as heavy as it used to be. Sometimes I can’t believe I had been working that hard for so many years. I’ve learned how to relax, to work less, to have a break, and consequently my teaching has improved.

How has the course changed the way you deliver a language course?

I think the best thing that happened to me after the course is that I’ve learned to give the learners more time (to think, answer, speak, notice, feel), and I haven’t prepared millions of things which overwhelmed them. I’ve learned how to review everything more often, and they have enjoyed it. Besides, instead of me, I’ve allowed them to choose and create their materials, games and exercises. And finally, continuous feedback has been a highlight.

How would you describe the impact you are now having as a language coach on your learners?

I think they have felt I’ve become less stressed, and they’ve become more relaxed as well. That has clearly made our sessions more productive, amusing, and they have been more confident and motivated.

Is there any additional information that you would like to add?

Just a huge Thank You! 😊

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