

# A transition to Language Coach

Interview with Violeta Orgaz Alvarez, English Coach, Spain

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

*I balance my professional activity as an actress and as an English Coach for actors as well as for other professionals in corporate sectors. I have been teaching English for the last 12 years and I am profoundly in love with language and art. In December 2019 I founded CALIOPE English Coach, a project which aims to provide English language coaching for different professional needs (castings, job interviews, conference calls, presentations, lectures, pitchings... etc.) through different language techniques and expression and confidence enablers. My goal is to combine my two passions into a binomial figure and provide assessment to people that want to outdo themselves and succeed in their professional fields.*



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## **How did you find the course?**

*It was a great experience to do it online, I was going to do it physically in Madrid but unfortunately I didn't get the chance. I thought doing it online would be a different experience but it has proven to be incredibly easy, efficient and positive. I had time to review the content before the next session and also spend some time to do my homework. It was definitely a month of incredible insights and hard work.*

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### **Which highlights or insights did you gain from the LCC?**

*The main highlight for me was learning about Neuroscience and everything that is related to how our brain functions regarding learning processes. This was a fascinating discovery for me. As well, I believe I developed a more sensitive feeling towards teaching with all the coaching technique that I acquired. This was an incredible insight for me; learning the coaching principles to adapt them to my teaching, and coach the clients into the learning process. Becoming aware of my own abilities and personal concerns made me more empathetic towards others, and this way I can now observe with more detail my client’s needs. Understanding that the coachee is the expert made me re-formulate my position while having a session, and rethink my role as an educator.*

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

*I have immediately started asking powerful questions to my clients, as well as incorporating the goal-setting principles. As well as organising the work for the coachee, this goal-setting method has also allowed me to have a more structured, organised plan to my sessions. I have also started to listen much more carefully and I now observe that these skills are developing fast throughout the days. I enjoy the work with my clients and I love seeing the progress and the good feedback.*

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

*I have basically started studying much more about Neuroscience, the brain and everything that is related to the way we mentally work. This is absolutely fascinating for me. As a meditation addict, I have also started investigating the power of meditation in learning processes, as well as continuing with my personal development work. My personal development is of extreme importance to me, not only as a coach, but also as a person and as an actress. Being an actress has had me doing a lot of self-care work in the last 10 years, so this has definitely been something that I have incorporated into my everyday activities, such as meditation, when speaking with others (not interrupting) or in sport activities like yoga or running. In a way, I have opened a window that was not yet discovered in my personal development, which includes the brain and a more empathetic way of working with people. I also believe it has a very close connection to theatrical processes, where the importance of compassion and empathy towards your peers and the characters is of extreme importance. In this sense, Neurolanguage Coaching has also connected me with my purest passion: theatre.*

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### **How would you describe your professional development after the course?**

*I have had a session with a new client that I will start working with next month. I have also coached some actors and have applied some of the work that we did in the course, and this has had incredible results. Aside of working with the text, I have incorporated the principles of Neurolanguage Coaching and they absolutely love it!*

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

*It has provided me with powerful tools such as active listening, powerful questioning, goal - setting (mechanical and mastery) and brain-friendly grammar delivery. Mostly it has changed my understanding that the coachee is the expert and I am a guide to lead the coachee through his or her pathway. This has been very powerful to learn, it has calmed me down very much while at the same time rising my ‘responsibility’ towards my clients.*

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### **Were there any impacts on your learners?**

*I am feeling much more confident, secure and proud of the work. I am not hesitating as much, I am in control of the situation but because I am leaving THEM to give me the information as to where I have to move on in the session. I am benefiting from being more efficient, seeing positive results in my clients and also having lots of fun in my sessions.*

### **Is there any additional comment you would like to add?**

*I am eager to continue learning and acquiring more information regarding Neuroscience, coaching and language learning. I am now self-studying these areas, and will continue to do so during the summer. I am so grateful to Rachel for her commitment in building this community, as well as for her passion and knowledge on the field. I feel so lucky and grateful to have been able to be part of it, but I also know that I have a lot of work and time ahead to continue expanding my knowledge and expertise. I am conscious of this, and it makes me want to study more and more! I feel like I have lots of time to continue dwelling into all this incredible world that has been opened in front of me. THANK YOU RACHEL!!!*

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