



PROFESSIONAL PRACTITIONER



Licensed Learning Freedom Coach™

A new vocabulary for confidence...

As a Learning Freedom Coach you will address barriers to learning at deep levels, enabling people to make transformational changes to their thoughts, feelings and behaviours.

Licensed Learning Freedom Coach Programme

This certified programme is intended for anyone who wishes to develop specialist coaching skills for Learners with dyslexia. We all have different innate abilities that offer advantages and challenges; therefore this coaching method has the potential to help a wide range of people.

This training will be of particular interest to specialists in specific learning difficulties/neurodiversity, dyslexia tutors, mentors, study tutors, support workers, study coaches, personal tutors and disability advisors.

It is also suitable for personal development specialists, coaches, hypnotherapists and those working with dyslexic adults in the workplace. Additionally, this training is for those wishing to begin a career in private practice as a Learning Freedom Coach.

If you interact with individuals who have dyslexia as part of your work and want to make a positive impact, helping them overcome the barriers that prevent them from achieving their potential, this programme is for you.

The training focuses on developing a range of skills that enable you to:

- Understand and positively influence the emotional component of the learning experience.
- Apply new techniques and approaches to help Learners overcome barriers to study success.
- Teach others how to stay in a resourceful state when presented with study challenges.
- Learn how to maintain your own positive emotional state when working within challenging teaching situations.
- Help Learners to recognise and dissolve barriers to cognitive processing.
- Develop your communication skills to facilitate learning on deeper levels.
- Integrate coaching seamlessly and elegantly into your professional practice.
- Coach others to learn new skills that have previously eluded them.

- Learn a new vocabulary to articulate and document the expansion of confidence.

Being challenged by learning situations exists on a spectrum, therefore this coaching method is appropriate to use with any Learner who is experiencing limiting beliefs about their ability to learn a new skill or change their behaviour.

The Licensed Learning Freedom Coach award offers practitioners the skills needed to help Learners overcome deep-seated barriers to learning.

The training programme offers processes and techniques that enable Learners to recognise and dissolve barriers to successful study. As a Learning Freedom Coach you will help people make positive changes to their thoughts, feelings and behaviours by deepening their understanding of their beliefs, strategies and motivations.

Learning Freedom Coaching helps Learners develop skills that have previously eluded them, as well as gaining a greater appreciation and utilisation of their abilities.

The purpose of coaching is to bring unconscious barriers to light and uncover hidden strengths in order to increase the Learner's freedom of choice and help them make better decisions.

A range of specialist coaching skills are covered on the programme. You will discover how to help Learners realise their true potential, whether their goals lie in employment, education or general life enhancement.

It is time to dispel the myths about learning, connect with our innate abilities and create a new paradigm for success. Learning Freedom Coaching teaches you how to inspire Learners to excel.

Programme Structure: The 5 Core Modules

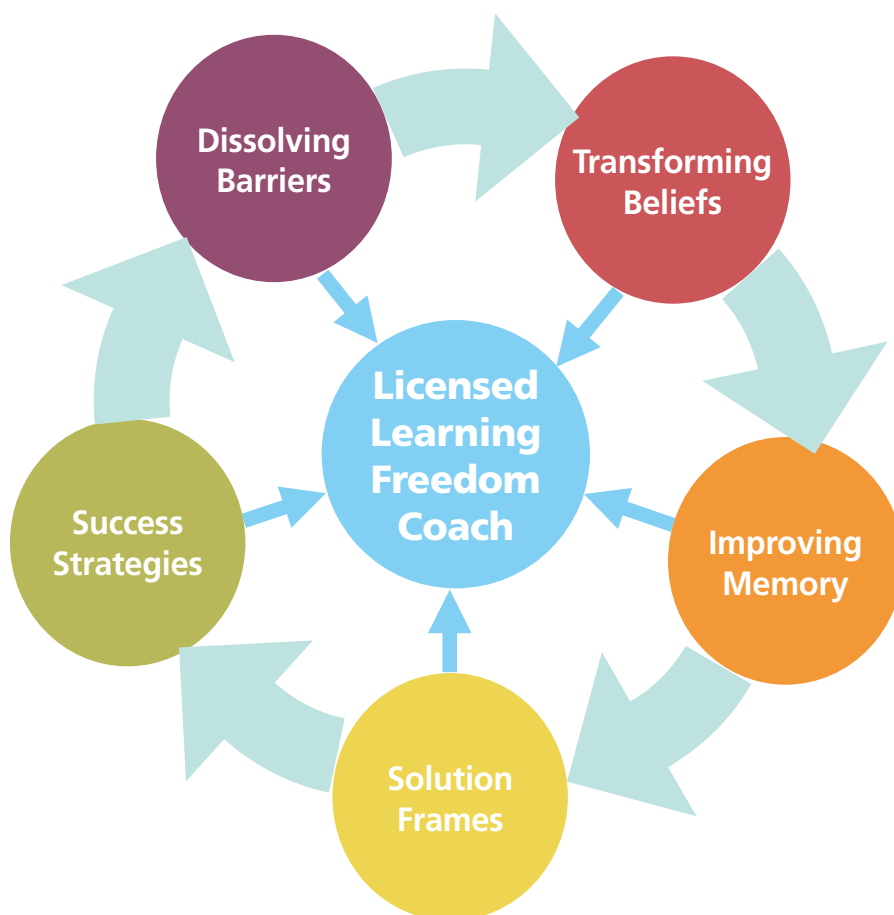
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The core components are:

- Dissolving Barriers
- Transforming Beliefs
- Improving Memory
- Solution Frames
- Success Strategies

The programme builds on current approaches in the human potential field, including NLP, cognitive-behavioural interventions, solution-focused hypnotherapy and performance coaching. However, the programme also offers unique processes, theories and methods that have been developed to facilitate Learning Freedom.

Each 2 day intensive practitioner training is available on a stand-alone basis, focusing on a specific set of specialist coaching skills. When all five modules are combined, participants are awarded the Licensed Learning Freedom Coach Certification.



The Benefits of Learning Freedom Coaching

Learning is the ability to process information in a way that transforms and expands understanding, creating accessible new knowledge.

Freedom is a state of mind characterised by clear thinking and confident decision making, creating an optimum state for learning.

Coaching is the process of communicating exquisitely to facilitate another person's ability to make positive changes.

Learning Freedom Coaching provides the tools to bring unconscious barriers to light, understand how they are preventing progress and replace them with more productive thoughts, feelings and behaviours. Your specialist coaching skills will be useful in helping Learners who display any of the following types of behaviour:

- Fears or phobias about specific tasks such as presentations, examinations or reading aloud.
- Perfectionism about learning and an unwillingness to acknowledge successes.
- Anxiety and stress about studying generally, as well as when completing specific tasks.
- Unwillingness to change their existing strategies, even when they are time-consuming and produce poor results.
- Low self-esteem and a belief that they lack the intelligence or capabilities of other people.
- Feeling victimised by the education system or individual teachers, either in the past or present.
- A habit of putting themselves down about their perceived lack of abilities, often using humour as a defence mechanism.
- An unwillingness to identify with their progress, such as refusing to admit that they are a good speller even when they demonstrate their aptitude.
- Becoming emotional about studying, demonstrating despondency, anxiety or frustration about study tasks.
- A tendency to agree to undertake goals but not complete them.
- An inability to focus and take in information when other people are speaking.
- A defeatist attitude towards studying and an expectation that they will fail.
- Being acutely aware of background noises when studying and becoming easily distracted from the task at hand.
- A tendency to be innocuous and humour their tutors, claiming that they are being helped but failing to demonstrate that real learning has occurred.
- Patterns of procrastination that do not change, despite their assurances that they intend to get things done.
- A tendency to use their diagnostic label in itself as the reason for being unable to learn, rather than seeing the potential for changing their behaviour.
- A reluctance to use enabling technologies and software that has been provided for their use, even when training has been given.
- Claims that they experience learning blackouts where their 'brain freezes' and they are unable to think.
- An intense fear of failure and an unwillingness to make mistakes when learning.

Dissolving Barriers

2 DAY INTENSIVE PRACTITIONER TRAINING



During this programme you will learn how to use coaching as a complementary approach to your existing practice, discovering how you can access unconscious thoughts and belief systems through deep listening and powerful questioning techniques. You will experience better rapport with Learners by enhancing your ability to build a supportive relationship more rapidly and effectively.

This training covers the core patterns of strengths and difficulties associated with dyslexia. You will learn how to vary your coaching style to help Learners who experience a range of challenges.

The training explains how Learners experience barriers to success and how to remove their focus on their problems, allowing the discovery of solutions.

By understanding the importance of managing your own emotional state, you will be able to stay resourceful and positive, even when Learners are persuasive about their limitations.

This programme introduces a range of unique interventions specifically designed to help Learners with dyslexia in a coaching context.

You will also develop Neuro-linguistic Programming skills to recognise how to collapse anchors and transform the submodalities of learning barriers.

By mastering the specific methods and techniques of Learning Freedom Coaching, you will discover how to help Learners overcome their barriers to success.

On completion of this training, you will have developed skills and techniques to help those with learning difficulties recognise and dissolve the barriers that prevent progress.

You will also be able to teach Learners to make positive changes, empowering them to succeed independently of support in the future.

When you take this training, you will learn how to:



- Distinguish the unique characteristics of Learning Freedom Coaching and how this differs from other personal development techniques.
- Apply the Foundations of Coaching to enhance your interactions with Learners.
- Recognise how Learners with ADHD, dyspraxia, dyslexia, dyscalculia and Asperger's syndrome respond to a coaching approach.
- Effectively adapt your coaching approach for Learners with a range of different challenges.
- Discover the Barriers to Change that defy the Learner's logical attempts to overcome their learning difficulties.
- Use the Discovery Technique to help Learners release unconscious thought processes that are causing them distress.
- Integrate coaching techniques seamlessly into your professional practice, creating deeper rapport with Learners.
- Use coaching as a complementary approach to enhance your existing professional and personal development skills.
- Be comfortable Holding Silence to help Learners increase their self-awareness and experience Creative Reasoning.
- Master the Art of Presence to facilitate coaching sessions that allow Learners to release their limitations.
- Recognise the Levels of Listening and know which to apply in each circumstance to achieve the desired results.
- Understand the difference between directive and non-directive coaching styles.
- Learn the Coaching Reflection Tools and apply them to facilitate Learners' success.
- Chart a Path to Success by learning the core components of goal setting in the coaching context.
- Develop the confidence to provide honest feedback to Learners in a way that protects the relationship and builds trust.
- Understand that Learners receive information through their Centres of Reasoning and discover how this affects communication.
- Apply the Supposition Release Technique to achieve the optimum state for successful coaching.
- Empower students to develop the skills for changing their limiting beliefs.

Transforming Beliefs

2 DAY INTENSIVE PRACTITIONER TRAINING



This programme explains how belief systems impact on Learners' abilities in the context of dyslexia. You will learn how to coach Learners to deconstruct unhelpful beliefs and transform their approach to learning.

Misunderstandings about dyslexia, experienced in a range of contexts, often cause people to develop limiting beliefs about their potential.

You will learn to recognise when Learners are being held back by self-doubt and understand why belief systems are difficult to change using logic and reason.

This training will teach you how to help Learners change how they feel about study tasks, enabling them to reduce stress and build greater self-confidence.

This programme introduces a range of unique interventions specifically designed to help Learners with dyslexia in a coaching context.

You will also learn essential elements of Neuro-linguistic Programming, including the importance of understanding the impact of neurological levels on Learners' abilities to develop new skills.

By mastering the specific methods and techniques of Learning Freedom Coaching, you will discover how to help Learners generate positive belief systems, take ownership of their solutions and enhance their feelings of self-efficacy.

On completion of this programme, you will be confident about employing your coaching skills to help Learners develop a feeling of self-belief about their abilities and strengths. Learners will be ready to commit to their own success.

When you take this training, you will learn how to:

- Understand the nature of belief systems and how they interact with personal values.
- Distinguish between neurological levels and understand why belief systems sometimes prevent effective cognitive learning experiences.
- Apply the Belief Construction Model to understand how limiting belief systems are formed and how to raise Learners' self awareness.
- Use assessment scales to identify the Emotional Investment in Learners' limiting belief systems.
- Identify when Learners are Arguing for Limitations and how this paradoxically maintains feelings of security.
- Understand how Bolster Beliefs allow Learners to maintain their comfort zones by predicting outcomes of failure.
- Recognise how beliefs govern behaviour and identify beliefs that prevent successful learning.
- Uncover unconscious beliefs and bring them into conscious awareness so they can be transformed.
- Explore Belief Boundaries with Learners whilst maintaining their sense of security.
- Use the Expansion Theory to understand why Learners continue to desire success even when they appear to sabotage their own efforts.
- Conduct a Beliefs Audit to assess the value of a Desired Outcome and enable Learners' to make better decisions.
- Recognise the relationship between Learners' belief systems and their identification with labels of Specific Learning Difficulty.
- Identify the Centres of Reasoning and learn how to assess for alignment within these centres.
- Increase Learners' desire for positive change by identifying beliefs held within the Centres of Reasoning.
- Increase communication between the Centres of Reasoning to increase Learners' motivation to achieve their Desired Outcomes.
- Coach Learners to understand their Metaphorical Representations and use this process to release limiting belief structures.
- Encourage Learners to build positive Emotional Investments in their approach to tasks, building their self confidence and enjoyment of learning.



Improving Memory

2 DAY INTENSIVE PRACTITIONER TRAINING



This programme explains the key role of information processing and how to coach Learners in developing better attention for learning tasks. By guiding Learners into greater self-awareness about what they are currently doing, you will help them find better ways of focusing. This will enable them to become more efficient at storing and recalling knowledge.

The relationship between learning and memory is intrinsic and is underpinned by the information processing system. During this programme you will develop a deeper understanding of the importance of emotional states in facilitating concentration and discover how Learners with dyslexia can enhance their working memory system.

This programme introduces a range of unique interventions specifically designed to help Learners with dyslexia in a coaching context.

You will also learn essential elements of Neuro-linguistic Programming, including the importance of understanding the impact of the VAKGO system on the ability to learn new skills.

By mastering the specific methods and techniques of Learning Freedom Coaching you will discover how to help Learners improve their ability to process information so their memory storage and retrieval system operates efficiently.

On completion of this training, you will be skilled at enhancing your Learner's awareness of how they are currently approaching learning, helping them develop greater focus and self-confidence with challenging tasks.

This will facilitate their confidence in the effective storage and recall of tasks and information. You will know how to coach Learners to access their inner resources, overcome their barriers and achieve success.

When you take this training, you will learn how to:

- Recognise the relationship between information processing, focus of attention and memory storage and recall.
- Understand the NLP model of VAKGO systems in relation to information processing and how neurodiversity may produce Reversed VAKGO Placement.
- Relate Reversed VAKGO Placement to research observations from the field of neurodiversity, and use this knowledge to help Learners develop appropriate learning strategies.
- Observe Learners' eye movements to determine their mode of information processing and establish whether it is facilitating their working memory capabilities.
- Identify how the processing of information from the five senses is affected by Perceptual Filters.
- Determine how the Centres of Reasoning interact with the information processing system.
- Understand why and how Learners with dyslexia experience distractibility relative to studying.
- Use the concept of Absence and Presence to help Learners enhance their quality of attention to individual tasks.
- Help Learners install an Activation Process to increase their Presence during learning tasks.
- Relate the concept of Presence to the ability to store and retrieve information within long term memory.
- Use coaching skills to deconstruct an individual's information processing system and improve their conscious ability to focus.
- Relate belief systems to the function of short term memory and conduct a Focus Analysis to understand individual difficulties.
- Identify Learners' internal processing mechanisms using body language indicators to determine their mode and style of learning.
- Coach Learners to use a Learning Barrier Bypass to facilitate Creative Reasoning and enhance their attention and memory recall.
- Increase Learners' confidence in their ability to concentrate.



Solution Frames

2 DAY INTENSIVE PRACTITIONER TRAINING



Sometimes Learners want to succeed, but appear to resist teaching interventions that would enable them move forward. During this training, you will learn to recognise when a Learner's fixation on their difficulties is an obstacle and how to help them overcome self-limiting perceptions.

You will develop the ability to perceive the positive outcome your Learner is seeking, even though they are describing problems they believe are intractable.

This programme teaches you how to stay in a resourceful state, even when Learners are focused on anxieties about failure.

A range of assessment tools are provided with this training, to deconstruct neurodiversity 'labels' into practical behaviours that can be translated into learning outcomes.

This training covers essential elements of Neurolinguistic Programming, including the Meta Model, for developing powerful coaching questions.

Key principles of Solution-Focused Methods are also covered to facilitate coaching that frees Learners from negative emotions and mobilises their energy towards finding positive outcomes.

By mastering the specific methods and techniques of Learning Freedom Coaching, you will help Learners move from problem-thinking into the realisation of solutions, enabling them to develop the confidence to undertake new tasks.

On completion of this training, you will be skilled at coaching Learners in the deconstruction of their problems, and guiding them towards achieving a positive outcome.

When you take this training, you will learn how to:



- Use the Learning Freedom Coaching assessment tools to understand the behavioural difficulties Learners are experiencing, deconstructing neurodiversity into learning outcomes.
- Identify when Learners are in a Problem Frame and know when to intervene.
- Use knowledge of Solution Frames to help Learners alter their negative thinking patterns.
- Identify issues of Secondary Gain that prevent Learners making positive changes.
- Respond effectively to Learners' Failure Narratives to help them achieve emotional freedom when attempting challenging tasks.
- Understand the nature of Umbrella Problems as a perceptual mechanism and how these relate to negative views of learning difficulties.
- Achieve Emotional Freedom as a coach, to allow you to stay in a resourceful state even when Learners are despondent.
- Understand the Emotional Investment that Learners may attach to their problems and how this can prevent positive change.
- Apply the MIRTH Model to encourage Learners' Emotional Investment in Desired Outcomes.
- Use the Miracle Question to facilitate Creative Reasoning and increase emotional positivity.
- Recognise forms of neurodiversity as Nominalisations and help Learners overcome limiting forms of identification.
- Use Problem Deconstruction for persistent difficulties that are causing anxiety and/or inertia.
- Understand language patterns and use the Meta Model to identify limiting thoughts.
- Apply the Vision Expansion technique to help Learners identify hidden strengths and develop confidence in their capabilities.
- Use coaching skills to help Learners discover their own Solution Frames and invest in making positive changes.
- Measure a Learner's Commitment to Action and translate Solution Frames into action steps.
- Enable Learners to take a positive approach to learning, developing deeper self-belief.
- Build rapport with Learners quickly and easily, motivating them to excel.

Success Strategies

2 DAY INTENSIVE PRACTITIONER TRAINING



This programme explains how strategies, which are usually operated at an unconscious level, affect behaviour and feelings. You will learn how strategies influence wanted and unwanted behaviours and how to generate strategies that take Learners in the direction of their desired outcomes.

Strategies for learning are influenced on a deeper level by motivational strategies. During this training you will learn how to identify Learners' motivational strategies and recognise when these are causing learning difficulties that prevent them from taking action.

You will discover the reasons for procrastination, task avoidance and learning phobias.

Mastering the methods and techniques of Learning Freedom Coaching will give you a deep understanding of how learning limitations are formed as well as the ability to provide positive interventions.

This programme introduces a range of unique interventions specifically designed to help Learners with neurodiversity in a coaching context.

You will also learn essential elements of Neuro-linguistic Programming, including how to deconstruct the unconscious visual, auditory and kinaesthetic thought patterns that generate strategies.

On completion of this training, you will understand patterns of unconscious resistance and be confident in helping Learners overcome their anxieties about study tasks.

Most importantly, you will know how to install productive motivational strategies that propel Learners towards their desired outcomes.

You will effectively understand how to utilise the Learner's conscious and unconscious processes to facilitate learning. Learners will be open to developing new strategies for success.

When you take this training, you will learn how to:

- Understand the nature of a strategy and how this exists on an unconscious level, measuring the value of current strategies your Learners are using with the Strategy Scales tool.
- Identify Learners' Negative Strategies and learn how to apply interventions to change them.
- Recognise why Learners struggle to overcome the limiting affects of Negative Strategies.
- Use the theory of Perceived Outcomes to understand why Learners procrastinate.
- Recognise the nature of Powerful Strategies and how these initiate behaviour.
- Apply the process of Strategy Deconstruction to bring a strategy into conscious awareness.
- Replace Negative Strategies with Productive Strategies using the Strategy Creation Process.
- Understand how the Centres of Reasoning impact on the strategies used by Learners.
- Help Learners achieve a state of Alignment to facilitate Strategy Creation.
- Use Strategy Creation to replace unhelpful strategies with desirable strategies.
- Help Learners make the Learning Transition from unconscious incompetence to unconscious competence in relation to their strategies.
- Understand the Strategy Wave Model to learn how unconscious processes cause Learners to take action or practice avoidance.
- Apply the Procrastination Loop theory to understand Learners who appear lacking in motivation and are reluctant to take action.
- Link procrastination to two underlying fears and recognise which is the Active Demotivator preventing your Learner from taking action.
- Recognise when Negative Strategies are generating negative emotions relating to study tasks.
- Find out which strategies dominate specific aspects of dyslexia to better understand Learners with a range of difficulties.
- Distinguish between neurological levels of processing to understand how strategies interact with other levels of experience.



Discovering the Learning Freedom Approach

To articulate the practice of Learning Freedom Coaching, the following concepts and processes have been developed for this programme:

Absence	Desired Outcomes	Perceived Outcomes
Activation Process	Discovery Technique	Perceptual Filters
Active Demotivator	Emotional Freedom	Powerful Strategies
Alignment	Emotional Investment	Presence
Arguing for Limitations	Expansion Theory	Problem Deconstruction
Art of Presence	Failure Narratives	Problem Frame
Barriers to Change	Focus Analysis	Procrastination Loop
Belief Boundaries	Foundations of Coaching	Productive Strategies
Belief Construction Model	Holding the Silence	Reversed VAKGO Placement
Beliefs Audit	Learning Barrier Bypass	Solution Frames
Bolster Beliefs	Learning Transition	Strategy Creation
Centres of Reasoning	Levels of Listening	Strategy Scales
Coaching Reflection Tools	Metaphorical Representations	Strategy Wave Model
Commitment to Action	MIRTH Model	Supposition Release
Creative Reasoning	Negative Strategies	Umbrella Problems
Deconstruction	Path to Success	Vision Expansion

When someone claims they want to succeed with a particular goal, but demonstrates patterns of procrastination, anxiety and/or resistance to new approaches, Learning Freedom Coaching can help them to move forward.

Helping people build their confidence is a skill in itself, especially when they hold deep-seated limitations about their capabilities. The real barrier to learning is not what people can do, but what they believe they can do, so transforming their belief systems is the real challenge.

When beliefs change, problems melt away. When self-confidence is gained, competence follows. People approach learning with more gusto, developing strategies as they go along, being open to discovering new ones and recalling those they have learned at just the right moment.

A Learning Freedom Coach knows that confidence-building is a professional skill and has the vocabulary to articulate the practice...



...a new vocabulary for confidence

Training Features

This programme offers a relaxed learning environment where you can expand your understanding in a supportive atmosphere. As Learning Freedom Coaching is a practical skill, this training recognises that 'the learning is in the doing' and provides plenty of opportunities to develop your confidence using the new skills you are learning. To ensure you get the most from the programme, there is a variety of learning formats, including:

- Key point discussions
- Presentations of main concepts
- Small group exercises
- Step-by-step individual practice
- Practice and experience of activities in pairs
- Special 'How To' demonstrations
- Practical skill-building work
- Ongoing feedback and support
- Plenty of opportunities to have your questions answered

Most importantly, you will experience an accelerated learning environment where the development of practical skills is the key ingredient. Each day you will personally experience the benefits of positive communication, which is at the heart of Learning Freedom Coaching.

Each of our training modules provides a skills-based experience of Learning Freedom Coaching that will enable you to apply new techniques with Learners in your workplace. By the end of the training, you will already have developed the confidence to put your new skills into practice.

Each programme is accompanied by a comprehensive training manual which provides a theoretical basis for your new skills. It also provides a step-by-step guide on how to apply the new techniques you have learned.



Principal Trainer

Elizabeth Amesbury

BA (Hons) PGCE MA Dip CH MAPHP AMBDA

Elizabeth Amesbury holds numerous post-graduate qualifications in specific learning difficulties, as well as a Master of Arts in Education award. As a dyslexia specialist and manager in education, Elizabeth influenced institutional policy and led a team of specialist tutors. She is a published researcher in the field of educational coaching.

Combined with considerable experience in private practice, her professional certifications include Clinical Hypnotherapist, NLP Coach, NLP Master Practitioner and NLP Licensed Trainer.

Through sharing her knowledge of personal transformation with clients, Elizabeth created Learning Freedom Coaching from the innovative methods, theories and processes she developed. This unique approach to overcoming learning barriers and achieving success is condensed into helpful perspectives and practical techniques that can easily be used by practitioners in education, employment and private practice.

Further Information on our Training Programmes

Who can benefit from our training?

To benefit fully from the training, we recommend that participants hold a qualification or practical experience in one of the following professional fields: teaching, educational support, mentoring, dyslexia/SpLD tuition, hypnotherapy, NLP, counselling or coaching.

Course fees, location and dates

Please visit our website for the latest information on the venues for our training programmes. Full details of fees, locations and dates are provided on the booking form. If no booking form is included, please visit our website to download a form. We offer a range of payment options for applicants, which are detailed in full on the application form.

Training manuals

Comprehensive training manuals are provided with each of our modules, providing you with a valuable resource to enhance your theoretical understanding of the practical training. A range of assessment forms, practical activities and worksheets are included within every manual.

Achieving the Licensed Learning Freedom Coach Certification

Although each module is separate and individually certificated, upon completion of all five training modules in any order, provided they are completed within an 18 month period, participants are eligible to become certified as a Licensed Learning Freedom Coach.

The certification in this programme is only available through Align Training.

Your certificate is both a record of your commitment to continual professional development and evidence of the time and effort you have invested in your excellence.

Learning Freedom is a Registered Trade Mark belonging to Align Training.

Upon certification, you will become a Licensed Coach and will be eligible to display the Learning Freedom logo on your website and written publicity materials in accordance with the licensing agreement.

During the training, practical support and feedback will be offered to enable you to complete the training as a competent practitioner.

Visit our website for course dates and an application form: www.aligntraining.co.uk or email us on: info@aligntraining.co.uk



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