

## 3-Day Conference Schedule

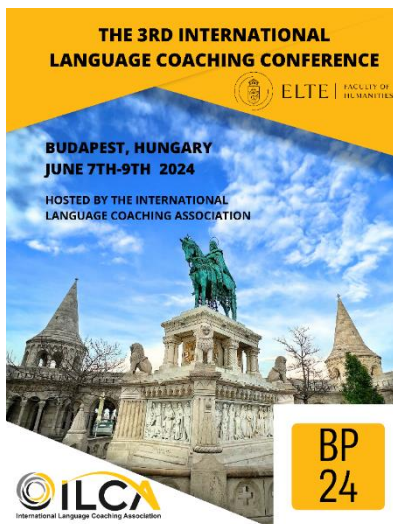
*Sessions may be subject to change.*

**Friday and Saturday evenings: Attendees & Speakers „Budapest by night”**

**Meeting point: in front of ELTE University, Building A at 7:30 pm each evening**

We're thrilled to announce EmpowerED: Language Coaching in the Age of Innovation, taking place in Budapest from June 7th-9th, 2024!

**Plenaries, talks and workshops on the following 5 themes**



**1. Personal Growth and Well-being:** Explore resilience, mindfulness, confidence, and positive vibes - essential tools for every language coach's toolkit.

**2. Coaching Excellence:** Dive deep into self-awareness, cross-cultural communication, and strengths-based approaches. Hone your coaching skills and unleash your full potential.

**3. Language Mastery and Communication:** From decoding the intricacies of language to understanding ethical practices, we'll cover it all. Enhance your mastery and elevate your coaching game.

**4. Empowering Language Coaching with AI:** Embrace the future with AI-driven coaching strategies. Discover how to blend the human touch with technological innovation for transformative coaching experiences.

**5. Business and Identity for Language Coaches:** Delve into personal branding, online presence, client relationships, and navigating the competitive landscape. Learn the tricks of the trade from seasoned professionals.

### **Why Join Us:**

EmpowerED isn't just another conference; it's a unique opportunity to enrich your expertise, network in style with professionals, and key language coaching figures. Be part of a community passionate about language and communication coaching. Stunning venue location: Budapest is breathtaking and definitely worth a visit. Save the date, pack your curiosity, and get ready to be EmpowerED in Budapest!

Details: <https://ilcaglobal.com/2024-conference/>

Day 1 – Friday

Time	Activity	Speaker(s)
08:00 - 09:00	Registration and Welcome Coffee	
09:00 - 09:30	Opening Plenary	Carrie McKinnon, Gabriella Kovács
09:30 - 10:30	Special Plenary Session 1	Ruth Hughes
10:30 - 11:00	Coffee Break	
11:00 - 12:30	Plenary Session 1	Afternoon workshop presenters introduce their key idea
12:30 - 14:00	Lunch Break	
14:00 - 15:30	Workshop Session 1	Viktor Kocsis
		Dr. Elke Framson
	<i>Choose 1</i>	Gabriella Jenei, PhD & Ágnes Sváb
		Zoltán Gyurácz
15:30 - 16:00	Coffee Break	
16:00 - 17:30	Workshop Session 2	Oksana Torubara
	<i>Choose 1</i>	Nevena Mićović
		Julie Yoder
17:30 - 18:00	Day 1 Wrap-up and Networking	Carrie McKinnon, Gabriella Kovács

*Within each workshop session block, attendees will choose 1 speaker's session to attend (workshop sessions will run parallel).*



**INTERNATIONAL  
LANGUAGE  
COACHING  
JOURNAL**

## Day 2 – Saturday

Time	Activity	Speaker(s)
08:30 - 09:00	Welcome Coffee and Recap of Day 1	Carrie McKinnon, Gabriella Kovács
09:00 - 10:00	Special Plenary Session 2	Sarah Mercer
10:00 - 10:30	Coffee Break	
10:30 – 11:45	Plenary Session 2	Afternoon workshop presenters introduce their key idea
11:45 – 13:00	Lunch Break	
13:00 - 14:15	Plenary Session 3	Afternoon workshop presenters introduce their key idea
14:15 – 14:30	Coffee Break	
14:30-15:30	Workshop Session 3	Emese Schiller, PhD
		David Corcoran
	<i>Choose 1</i>	Boelo van der Pool
		Liz England
15:30 - 15:45	Coffee Break	
15:45 - 16:30	Workshop Session 4	Louise Goodman
		Dr. Larissa Chuprina
	<i>Choose 1</i>	Jana Grezova
		Márta Kojnok, PhD with Florence de Dreuzy
16:30-16:45	Coffee Break	
16:45 – 17:30	Workshop Session 5	Jen Hill
		Ian King & Ruth Hughes
	<i>Choose 1</i>	Pinar Sekmen
		Gerard Lysaght
17:30 - 18:00	Closing Remarks and Conference Conclusion	Carrie McKinnon, Gabriella Kovács

Coffee breaks will include sandwiches, fruits and pastries alternately from 10 AM onwards, with beverages (coffee, tea, lemonade and water) available all day. There will be vegan, lactose- and gluten-free options – please indicate your preference to us. Lunch is self-catering, with a buffet on the premises and restaurants nearby.

## Day 3 – Sunday

Time	Activity	Speaker(s)
09:45 - 10:45	Mindful Movement: A Walk in the Park	Gabriella Kovács
11:00 - 11:45	Mindful Language Coaching: Connecting with Nature on Margaret Island	Florence de Dreuzy with Márta Kojnok
12:00 - 12:45	Disconnecting to Reconnect: Exploring Off-the-Grid Experiences	Gabriella Ferenczi

## Programme Details

### Day 1 - Friday

#### Morning Session

**08:00 - 09:00: Registration and Welcome Coffee (only beverages)**

**09:00 - 09:30: Opening Plenary Hosts: Carrie McKinnon (USA) and Gabriella Kovács (Hungary)**

#### Hosts:

##### **Carrie McKinnon (USA) and Gabriella Kovács (Hungary)**

##### **Carrie McKinnon:**

Carrie is a linguist and entrepreneur specialized in business communication training, program direction, and content creation in ESL. Her professional experience has taken her from The United States to Europe, Africa, and back to North America. Carrie is an advocate for language coaching and has designed and deployed soft skills and teacher training programs funded by the U.S. Department of State and USAID. Carrie's educational background is in applied linguistics and global higher education (B.S., M.S.Ed). Her passion for the lessons and programs she creates to help language learners with their goals has led her to the study and development of language coaching tools and techniques that can be applied in a language and soft skills training setting. Carrie is a mindful skills acquisition specialist and international speaker as well as the co-founder of The International Language Coaching Association, an organization dedicated to spreading the global practice of language coaching. Carrie currently resides in Atlanta, Georgia where she continues to train teachers in the transition to language coaching and serves as an adjunct professor in the Intensive English Department at Georgia State University.

##### **Gabriella Kovács:**

Australian-born Gabriella Kovács MA, PCC is an internationally certified language coach with ICF, a business communication trainer, mentor, teacher trainer, international speaker and author of *A Comprehensive Language Coaching Handbook* (2022; Pavilion Publishing and Media). Her mission is to inspire a holistic approach to language learning processes and support corporate clients. She manages a successful language services business in Hungary for the corporate sector and co-founded ILCA, the International Language Coaching Association. She supports educators' career transitions locally and globally with mentoring programmes and works as a trainer for Erasmus+ programmes across Europe. Her passion is nature and creating visuals to accompany her work and travels.

**09:30 - 10:30: Special Plenary Session 1 (Keynote Speaker - 60 minutes) Ruth Hughes BA, MAPPCP**

**Ruth Hughes (UK)**

**Title:** Discomfort as Catalyst: Strength-based, Growth Mindset and Reframing Approaches to Language Coaching

**Summary:** In this talk, we will explore and engage with innovative coaching techniques which can empower your students to embrace discomfort and achieve personal and linguistic growth. Ruth Hughes will guide you through the use of a range of strength-based coaching strategies designed to instill a growth mindset, helping students to push through self-imposed boundaries and reframe challenges as opportunities for development. Participants will gain practical insights into the integration of growth mindset principles, harnessing strengths and using cognitive reframing techniques within the realm of language coaching. From overcoming language-learning avoidance hurdles to leveraging discomfort as a catalyst for proficiency and growth, attendees will emerge with a profound understanding of how embracing challenges can lead to accelerated linguistic and personal development for their students. Positive outcomes for students include enhanced resilience in the face of language obstacles, increased self-confidence, and a renewed enthusiasm for continuous learning.

**Bio:**

Ruth Hughes, MSc (Applied Positive Psychology and Coaching Psychology) is a coach, educator, consultant, and professional speaker in the fields of coaching psychology, positive psychology, positive education, culture shock and international student wellbeing. After 30 years in Education and Leadership Ruth founded her company Curious Human in 2018. Previous academic positions include Course Director for the Coaching Certificate Programme at Cambridge University, Adjunct Professor of Psychological Wellbeing at AIFS and Coaching Module Leader/Lecturer for the MAPPCP at the University of East London. Ruth is an ILCA Board Member.

**10:30 - 11:00: Coffee Break**

**11:00 - 12:30: Plenary Session 1 (10-minute talks: Afternoon workshop presenters introduce their key idea)**

*All Day 1 workshop presenters will give a 5-10-minute talk that distills their „big idea“ from their workshops*

**12:30 - 14:00: Lunch Break (self-catering)**

**14:00 - 15:30: Workshop Session 1 (90 mins)**

**1. Viktor Kocsis (Hungary)**

**Title:** The Reluctant Language Coachee

**Summary:**

Although language coaching techniques undoubtedly prove to be utterly useful, in my experience a majority of my students are not readily susceptible to it. Who are they and what can be behind their attitude? My thesis is that if coaching techniques are to work perfectly, we, language coaches need to consider the fact that a

number of our students are exposed to such a “shocking” experience for the very first time in their learning life. Language coaches cannot ignore that certain prompts may sound immensely alien, as opposed to being instructed constantly by a teacher in a superior position. In my opinion, the key difference here is the concept of autonomy. Fairly often I face situations while clarifying my role about what I am willing and unwilling to do, my students' initial response is helplessness. Later students understand that the learning process is possible with a non-hierarchical language coach as well and that these methods can support them in reaching their desired target more effectively. The flow of innovation and unusually new techniques seemingly captivate everybody and we rarely have fears for those lagging behind. Why not start to take a closer look at those, mostly middle-aged students to ensure them equal chances? In my presentation I would like to focus on how to spot them, how to engage them and finally how to turn them around to start to enjoy the process of learning. In addition, to explore how it can create added value and a better position for us, language coaches.

**Bio:**

Viktor Kocsis is a Budapest-based LCCI certified business English teacher, a banking adviser, a qualified language coach and an integrity adviser. He has worked in the area of complex business communication encompassing training, coaching, mediation and lecturing business language at Dennis Gábor University. Also, he has dealt with cross-border transactions in the international banking arena at BNP-Paribas. He believes the compound approach of business language training resulting in effective business communication is an integral part of an organisation’s sound and transparent operation.

**2. Dr. Elke Framson (USA)**

Title: Torn between authenticity and effectiveness: how professionals can become better communicators

**Summary:**

When professionals turn to a language or communication coach to improve their performance, they often do so with a specific goal in mind. Coachees may want to prepare for a move to a foreign country, a work assignment abroad, or an important event conducted in the foreign language. To be successful, they need to do more than advance their language skills. They need to learn to communicate in unfamiliar ways and acquire culture-specific soft skills and behaviors for the situations they will encounter. For many, that means moving out of their cultural comfort zone. They feel awkward, inauthentic, and out of place. As coaches, we play an important role in helping them find their new “cross-cultural identity” that will allow them to make the adjustments necessary to communicate effectively and reach their goals, without giving up who they are. In this session, participants will explore strategies for how to deal with the feeling of inauthenticity, look at concrete activities, and share their own experiences on the topic.

**Bio:**

Dr. Elke Framson is a Communication Coach and the Founder of TransAtlantic Coaching & Training, LLC. She holds a doctoral degree in translation studies from the University of Vienna, Austria, and a master’s degree in German, English, and Spanish translation from the University of Innsbruck, Austria. After many years as a university lecturer in Austria and the US, Elke embarked on a new venture in 2023 and founded her own business, TransAtlantic Coaching & Training. Her mission is to help professionals from business and academia communicate more effectively in American English and be successful in the US. Her clients already speak English but struggle to maximize their impact in high-stakes situations, such as important presentations, meetings, or negotiations. Elke designs highly customized and need-based programs for her clients to help them develop competence and confidence so they can handle these situations

with greater ease and more effectiveness. Even though Elke's focus is on the US, her experiences and expertise have general application and are valuable for coaches of all languages and cultures.

### 3. Gabriella Jenei, PhD & Ágnes Sváb (Hungary)

**Title:** Bridging Brilliance - the gap between one-to-one teachers and language coaches: where do our roles meet?

**Summary:** Our workshop focuses on the topic of the roles of one-to-one teachers and language coaches. Based on a questionnaire study with 90 participants, our results reveal exciting insights on how one-to-one teachers perceive their roles and responsibilities in this teaching situation and indicate a need for insights from the perspective of language coaching. What we would like to explore is the bridge where one-to-one teachers and language coaches can meet. Where does one's responsibility end, where does the other's begin? What can they expect from each other?

#### Bio:

**Jenei Gabriella**, PhD, senior lecturer at ELTE: Department of Language Pedagogy. Has more than 20 years of teaching experience at all levels of education from primary to tertiary, state school and language school settings, taught English as a foreign language to groups and in one-to-one contexts. An open-minded teacher educator, certified translator, language exam interlocutor and task designer. Trained in individual learner differences and developing emotional intelligence, dyslexic-friendly language teaching, language exam task design.

**Ágnes Sváb** is a Danish as second language teacher at Kürt Foundational School and Scandinavian House. She is currently learning TEFL at Károli Gáspár University of the Reformed Church. She is a certified translator and has more than 15 years of experience in 1:1 teaching. She is also interested in alternative pedagogy and language coaching.

#### Afternoon Session

15:30 - 16:00: Coffee Break

16:00 - 17:30: Workshop Session 2 (90 mins)

#### 1. Oksana Torubara (Ukraine)

**Title:** TEFL going beyond: language coaching as a tool to address war-time challenges

**Summary:** In war times teaching English as a foreign language becomes socially responsible and goes beyond correct grammar or perfect pronunciation. Language education is called now to enable the students' participation not only as learners but users of English to face effectively war challenges, manage war-caused mental conditions, restore well-being. It has mutual benefits both for students and teachers performing as an important encouraging and motivating factor. In my presentation, I will reflect on my experience of transforming EFL university teaching to meet unprecedented learners' affective needs that would enhance their motivation, engagement, and satisfaction while alleviating their pain, fear, frustration and

discouragement. This is a real-life story of the way the war spurred a language educator to discover language coaching for self-care and empowering war-traumatized students.

**Bio:**

Oksana Torubara is a PhD holder in the field of Linguistics and TEFL. As an Associate Professor of the Foreign Languages Department, she teaches English for Professional Purposes at Taras Shevchenko National University "Chernihiv Collegium" in Ukraine. She works with Ukrainian university students who share her own experience of dislocation from fleeing the war. Oksana is a TEDx speaker and conference presenter spreading the idea of socially responsible teaching English in times of global instability and conflict. As a Visiting Researcher at Linguistics and the English Language at Lancaster University, she aims to study the ways in which language education could incorporate coaching techniques to empower war-traumatized language specialists and vulnerable young people who have been affected by warfare.

## 2. Nevena Mićović (Serbia)

**Title:** Connect and Converse: A Workshop on Powerful Networking Strategies for Language Educators

**Summary:** Your Network is your Net Worth, isn't it? In this dynamic workshop designed to empower language educators with the art of effective networking we will explore the significance of networking, delving into various types of networks – both online and offline. You will learn how to master your online presence as well as how to hone networking etiquette which will convert later on, thus bringing you more clients. Walk away with practical, actionable strategies that you can immediately implement to enhance your networking efforts and elevate your professional standing.

**Bio:**

Nevena Mićović is a founder of My Language Avenue, the first Language Coaching centre in Serbia, an ILCA-certified Language Coach (International Language Coaching Association, Miami, Florida), Accredited CBT coach, MA Business English teacher (Faculty of Philology, Belgrade, Serbia/ Alpen Adria University, Klagenfurt, Austria), a creator of two language learning products, My Language Notebook; My Language Journal, public speaker and a passionate entrepreneur. She helps business executives improve their public speaking and presentation skills in English by using coaching tools and techniques.

## 3. Julie Yoder (USA)

**Title:** Managing and growing a language coaching business while living with chronic illness

**Summary:** Well-being and Resilience: We know that founding and growing a language business (coaching or otherwise) is not for the faint of heart. But what if you are on this path knowing that you are managing a literal faint heart - or any other health challenge? There is a lot of noise in small business and entrepreneur spaces about the right formula for growth and success, and much of this advice is predicated on the assumption that a founder has boundless energy. For those of us who have to drop out of society at times to attend to our health (which, as humans, is everyone at one point or another), the "standard" advice about business management and growth not only misses the mark, but can lead to a cycle of shame during the times we are simply unable to show up for our business and clients. Well being and entrepreneurship are a constant dance, but this dance can be harmonized when we accept our limitations and build our business around our own unique abilities and desires rather than looking to "experts" for the "right" road map.



**Bio:**

Julie Yoder is an experienced English language teaching professional and coach based in the Washington, DC area. Her company, English With Purpose, helps international professionals working for a better world eliminate any final communication barriers, unlock career potential, and confidently lead teams in English. EWP offers unique and innovative language coaching programs for advanced English learners that cannot be found anywhere else in the U.S., including their signature program, Communication Vacation™, a holistic presentation and public speaking workshop retreat hosted at Julie's farmette in Maryland. Julie founded her first private market language business in 2007 after a health collapse and autoimmune diagnosis forced her to leave her career as a K-12 public school teacher. She has since learned as much as she can about small business development, autoimmune disease, managing chronic illness, and how to embrace one's own path to balance work, life, and health for optimal enjoyment. Julie is an ILCA Board Member.

**4. Zoltán Gyurácz (Hungary)**

**Title:** Innovative Marketing Strategies and Client Engagement Techniques for Language Coaches

**Summary:** My presentation directly aligns with the theme (EmpowerED) of the conference. It focuses on empowering language coaches in this age of innovation by exploring effective marketing and client engagement/acquisition methods crucial for personal and business growth. In the era of AI and online presence, in my workshop, I will focus on how language coaches can leverage some of these tools for enhancing their visibility and client relationships. Drawing from my own journey of boosting my business through strategic marketing, I will share practical insights on building a strong online presence, utilising social media, and creating impactful content for audience building. Furthermore, I'll discuss the importance of personal branding in fostering trust and attention, aligning with themes of self-awareness and cross-cultural communication. My presentation will highlight how personal values play a role in marketing and client interaction, which resonates with the conference's focus on coaching excellence. Attendees will learn about creating a client lifecycle that not only attracts but also retains and grows their client base. By combining personal growth stories with business strategies, my session aims to inspire language coaches to embrace innovation in their practices.

**Bio:**

Zoltán's career in language education began as an EFL teacher, evolving into a decade-long role as a translator and interpreter. During this time, he also conducted classes at ELTE-SEK University for two years, enriching his teaching experience. The pursuit of professional development led through the ILCA FEEL programme and training in public speaking. As a member of BNI, he improved his skills in networking and business development. This foundation paved the way for launching his own business, initially as a sole trader in EFL teaching and interpreting. In 2020, he expanded his business scope by founding an LSP, specialising in coaching-supported business speaking development. His journey is marked by a blend of hands-on teaching, linguistic expertise, and entrepreneurial success.

**17:30 - 18:00: Day 1 Wrap-up and Networking (hosted by Carrie and Gabriella and/or board member)**

## Day 2 - Saturday

### Morning Session

**08:30 - 09:00: Welcome Coffee and Recap of Day 1**

**09:00 - 10:00: Special Plenary Session 2 (Keynote Speaker - 60 minutes: Sarah Mercer)**

**Sarah Mercer (Austria)**

**Title:** Promoting language teacher agency for wellbeing: A model for practice

**Summary:** Language teacher wellbeing is central to successful practice. There are a number of aspects - both personal and systemic – which impact on an individual’s wellbeing. In other words, it is never solely the responsibility of the teacher to care for their wellbeing, but policy, institutions, and leadership must also proactively seek to support their staff and understand their needs. In line with the theme of empowerment, the focus of the talk is on teacher agency and the ways in which this can determine an individual’s wellbeing. Based on research from an ecological perspective, we critically explore a model of agency for language teacher wellbeing, which sees this as a process comprising four core facets: critical incidents, reflection, affordances, and action. We will explore each facet in depth reflecting on the role of both individual and social contexts as well as the practical steps which can transfer the model into practice.

**Bio:**

Sarah Mercer is Professor of Foreign Language Teaching at the University of Graz, Austria. Her research interests include all aspects of the psychology surrounding the foreign language learning experience. She is the author, co-author and co-editor of several books in this area. She has published over 150 book chapters and journal articles and has served as Principal Investigator on several funded research projects. In 2018, she was awarded the Robert C. Gardner Award for excellence in second language research by the International Association of Language and Social Psychology (IALSP).

**10:00 - 10:30: Coffee Break**

**10:30 – 11:45: Plenary Session 2 (10-minute talks: Afternoon workshop presenters introduce their key idea)**

*Part 1 of day 2 workshop presenters giving a 5-10-minute talk that distills their „big idea“ from their workshops*

### Midday Session

**11:45 - 13:00: Lunch Break (self-catering)**

**13:00 – 14:15: Plenary Session 3 (10-minute talks: Afternoon workshop presenters introduce their key idea)**

**Part 2 of day 2 workshop presenters giving a 5-10-minute talk that distills their „big idea” from their workshops**

**14:15 - 14:30: Coffee Break**

**14:30-15:30: Workshop Session 3 (90 minutes)**

### **1. Emese Schiller, PhD (Hungary)**

**Title:** Fostering Autonomous Learning and Positive Self-Concept in Older Adults through Language Counseling and Coaching

**Summary:** The United Nations Department of Economic and Social Affairs (2017) underscore a persistent rise in the elderly population, defined as individuals aged 60 or above, in demographic trends. Baddeley and colleagues (2010) have elucidated that the learning patterns exhibited by older adults diverge significantly from those observed in younger generations. Notably, cognitive alterations, as highlighted by Grein (2013), can impact various facets of learning, including memory, attention, and perception. Moreover, negative learning experiences stemming from frontal teaching methods and an autocratic classroom management approach may have contributed to older adults' unfavourable attitudes toward learning (Grein, 2018). These elements are likely to impede their capacity to engage in effective and independent learning. Therefore, a pivotal role in continuing education concerning language counselling and coaching (Hardeland, 2013; Karlsson et al., 2007; Mynard & Carson, 2012) should be assigned to the promotion of older adults; learning autonomy and positive self-concept, as the evolution of their autonomous learning behaviour holds the potential to foster the acquisition of skills and attitudes essential for active social participation and experienced independence (Bélanger, 2016; Berndt, 2013; Ciechanowska, 2015). This presentation aims to delineate the findings of both educational experiences and a doctoral research project devoted to promoting learner autonomy and cultivating a positive self-concept among older language learners (Schiller, 2023). The presentation thus seeks to explore various strategies aimed at enhancing these competencies among the elderly, ultimately empowering them to become more independent in their learning journey.

#### **Bio:**

Emese Schiller works as an assistant professor at the Institute of Adult Education and Knowledge Management, at Eötvös Loránd University, Budapest, Hungary. Her research line concerns adapting the method of one-to-one counselling for autonomous learning to the specific needs and interests of older adults. This solution-centered approach to learner autonomy development focuses on the enhancement of learner self-awareness with the help of individualized learning strategies, as well as the improvement of digital skills and readiness of this particular age group through the promotion of their independent interaction with technology-supported learning resources. Currently, she is focused on unlocking the potential of intergenerational learning programs that are based at higher education institutions within the framework of an Erasmus+ cooperation partnership project. Besides that, as a member of the Organizational and Work-integrated Learning Research Group, she also deals with the possibilities of supporting adult learning.

## 2. David Corcoran (Austria)

**Title:** Language Coaching with Emotional Intelligence

**Summary:** Emotional Intelligence is a key coaching skill that is undervalued. It is learnable, measurable and can be grown. As Language Coaches, it goes beyond our own EQ to create space for people to become more innovative in themselves. We can support them through principles in Emotional Intelligence. Innovation occurs in diverse environments that foster tolerance, patience and creative thinking. This can be achieved when people's emotions are considered and can think freely. Whether you are a leader, manager, coach or language learner, knowing about EQ is crucial in this changing world.

**Bio:**

David Corcoran MSc, ACC, is a certified EQ Facilitator with 6 Seconds, Executive Voice Coach and proud ILCA member. He has been involved with 6 Seconds since 2017 and now facilitates certification and training in English across Europe. He has spent 9 years Language Coaching mainly in corporate environments and is a Lecturer in International Business Communication at FH Burgenland. David empowers people to take responsibility for their communication.

## 3. Speaker: Boelo van der Pool (Spain)

**Title:** The role of Coaching in teaching English to students with Dyslexia

**Summary:** Dyslexia is an issue that is rarely understood in the ELT world. Many students with dyslexia either never start a course or drop out frustrated after a while. And teachers do not know how to help these students. The students end up with completely crushed self-esteem, a bag full of limiting beliefs and no motivation. Therefore, coaching is the only way to truly help these students and make them thrive in language education. We have to empower ALL students in their journey towards language proficiency.

**Bio:**

Boelo has been involved in the ELT world for the past 30 years. He's occupied many positions from school manager to researcher and language coach. He has spent the last 5 years researching in the field of language teaching students with dyslexia and has created a program that combines ELT and language coaching which has already helped over 150 dyslexic students in Spain and Latin America. Boelo is an ILCA Board Member.

## 4. Liz England (USA)

**Title:** Coaching Skills for Language Teaching Professionals

**Summary:** 21st-century language teacher education must include knowledge and skills beyond the traditional applied linguistics, pedagogy, and cross-cultural communication. Effective teacher educators worldwide have identified and now provide career path development skills, including coaching, in their instructional programming. Join us to engage in an interactive event providing participants with information and innovative ideas that can lead to actions that will actually help us to move forward and not just talk about it. Drawing on a wide range of evidence-based research, and a shared discussion, we will all learn more about teaching and coaching, and how to make our work contain more satisfaction and less burnout.

**Bio:**

Liz England is a career-long TESOL leader, advocate, teacher educator, researcher, writer, advocate, and volunteer in language teacher education. Her invited in-person and online keynote and plenary presentations and workshops and her publications reflect the breadth and depth of a successful career in international education. Anchored in the United States, results of her sustained and award-winning work on both long- and short-term projects in 40 countries worldwide offer proof of the quality of her ongoing work. Liz is founder of the TESOL International Association Career Path Development Professional Learning Network, now a group of over 5,000 teachers worldwide. Liz is an ILCA Board Member.

**Afternoon Sessions**

**15:30 - 15:45: Coffee Break**

**15:30 - 16:15 Workshop Session 4 (45 minutes)**

**1. Louise Goodman (Italy)**

**Title:** The inner world of a language learner

**Summary:** Technology is progressing so fast, providing a variety of new language learning opportunities and approaches that address the cognitive system of a learner. Yet, the learner is a human being, so what about the feelings and emotions involved in language acquisition? In this new scenario, the role of a language coach is becoming even more essential to help learners manage feelings and emotions and facilitate the learning process. Positive Psychology theories can concretely support language Coaches in uncovering more about the articulated learner's inner world in the process of learning. In addition, they enable the language coach to support the learner in releasing stress, transforming the learning journey into a positive experience. The first part of the workshop gives you an insight into the Positive Psychology saboteurs theory developed by Shizard Chamine and human limiting beliefs, followed by a discussion on how both play a major role in language acquisition. The second part of the workshop provides you with a set of practical tools that you can use in your language coaching program, supported by case studies drawn from my own experience.

**Bio:**

Louise Goodman's passion is to make life easier for professionals who need to communicate in an intercultural setting (especially spontaneously). She helps them transform performance anxiety into positive energy focused on achieving professional goals, self-efficacy, and mastery of communication techniques. She provides a bespoke service, thanks to an extended experience gained in the corporate world, as a freelance educator, facilitator, and Coach. She started her career in business development, marketing, communication, and sales for large multinationals in the USA, Germany, UK, CH, and Italy. Then she became a freelance, specializing in Business English Communication techniques, completing the Trinity CertIBET, the Cambridge DELTA, and the Oral Examiner Certifications. Recently she has added behavioural competencies as an ICF Certified Master Coach. She has held several assignments and workshops on communication competencies in English for executives in fashion, wealth, top management consulting, insurance, mechanical, and chemical industries. Last, but not least, she has been participating as a Mentor and Mentee in the PWN Mentoring program for the last ten years.

## 2. Dr. Larissa Chuprina (USA)

**Title:** Gaining Resilience and Confidence in Recent Immigrants to the US with ESL and Culture Coaching

**Summary:** Language coaching is an innovative way to help English language learners not only with knowledge of the target language and language skills but also with their attitude towards learning and change, which in turn boosts their resilience and confidence. Adult Immigrants to the US, can benefit from Language coaching and ease their process of learning and adaptation with this extra layer of cultural and emotional support, by adopting and practising tools for Self-regulation, Self-understanding, and Self-development. Methods and tools from Positive Psychology and Virtue-based education are found to be effective for the development of most desirable qualities and skills, such as resilience in learning and adapting to the new culture and confidence in one's own abilities to learn and to communicate in a new language. By building Self-reflection, a positive Self-Image and Self-talk, learners are encouraged to take action in using English in real-life situations. Coaching creates a safe space for self-discovery by learning from mistakes and failures. That is why confidence and resilience building are built in the Language coaching program, with the idea to create a safe space for learners to express themselves in a new language or/and in any media, like painting, drawing, dancing, or writing poetry, which helps them to discover their hidden talents and build confidence in their abilities.

### **Bio:**

Dr. Larissa Chuprina is a Positive Psychology Practitioner who works at the intersection of Language, Culture, and Self-Development as ESL and Culture Coach. She teaches English to immigrants and expatriates providing them with cultural and emotional support that eases their adjustment to the new culture. Being proficient in English, Russian and Ukrainian, Larissa facilitates communication across cultures as an Interpreter and translator for governmental organizations and businesses and provides strategic guidance on outreach to ethnic communities. Her passion is to create more welcoming communities and contribute to societal and personal well-being with her services as ESL and Culture Coach when she helps English language learners recreate themselves with a new language in a new cultural environment by building up their resilience and confidence.

## 3. Jana Grezova (Slovakia)

**Title:** Mindful Language Learning - Strategies for Speaking Stress Relief

**Summary:** In today's fast-paced world, language learning is often associated with stress and anxiety, particularly when it comes to speaking. Mindfulness, the practice of focusing on the present moment without judgment, offers a powerful tool for managing speaking stress and cultivating a positive mindset. Mindfulness-based techniques can empower language learners to overcome speaking anxiety, gain confidence, and cultivate a more positive and effective learning experience (and mindset!). Mindfulness, a useful tool that lies within each of us, often remains unnoticed and underutilized. While it is readily available to us, many are unaware of its potential benefits, and even fewer utilize it when faced with challenges, particularly in language learning contexts. Drawing from my dual perspectives as a language learner and a teacher/coach, backed by extensive research on mindfulness, I will share practical strategies that integrate mindfulness techniques into language learning. Integrating mindfulness-based techniques into language teaching/coaching can provide learners with effective strategies to navigate challenging emotions and enhance their focus and concentration during the lesson/session. By fostering a mindful learning environment, we can cultivate a space where learners feel supported, engaged, and EmpowerED to reach their full potential.

**Bio:**

Jana Grezova is an English teacher, school psychologist, language coach, and mentor. She focuses on those students who may not thrive in conventional teaching approaches. Her extensive experience spanning over two decades has led her to recognize the crucial role of growth mindset and metacognitive skills in successful language acquisition. Jana's innovative approach, integrating brain-based and coaching techniques into education, cultivates a holistic and empowering language learning journey for all learners.

**4. Márta Kojnok, PhD (Germany) with Florence de Dreuzy (France)**

**Title:** Find Your Ideal Clients on LinkedIn

**Summary:** Through interactive exercises and real-life examples, you'll learn practical strategies on how to scale your language coaching business. The workshop provides clarity on how to use LinkedIn to optimize your online presence: Stand out, show your expertise, build trust, and attract your ideal clients.

We will guide you through a thought-provoking process. We aim to raise awareness around your success mindset. In a powerful exercise, you will learn how to define your ideal client based on your personal and professional experience, purpose, and the impact you want to make.

Participants will gain insights into content creation that resonates with their potential ideal clients.

With a case study, we will show you what you can achieve within 3 months.

By the end of the workshop, you'll walk away with a personalized action plan tailored to your business goals, equipped with the knowledge and confidence to implement effective marketing strategies on LinkedIn.

Whether you're new to LinkedIn or looking to enhance your existing presence, this workshop offers valuable insights and practical guidance to help you navigate the platform with purpose and achieve tangible results.

**Bio:**

**Márta Kojnok**, PhD, is a German teacher, trainer, and coach. Her research at Georg August University in Göttingen, Germany focused on exploring the possibilities and limitations of language as a tool for social integration—examining how our speech can either include or exclude certain groups.

Passionate about fostering inclusion and integration, she continues this work today, particularly as a teacher and coach for German as a second language in Berlin, where she empowers her clients through language acquisition.

Her language coaching business primarily serves international professionals living and working in Berlin, offering tailored support for their linguistic and professional needs.

**Florence de Dreuzy:** French-born and founder of the Avord Fluent Language Institute (AFL). She has always had a passion for English and holds advanced English diplomas. She is an internationally certified language coach, a business communication trainer, a teacher trainer, and Trauma-informed care certified. She supports international English learners in high-stress work environments such as military airbases and hospitals, as well as industrial clients. Her courses take place both indoors and outdoors with a strong focus on language coaching.

**16:30 - 16:45: Coffee Break**

## 1. Jen Hill (Czech Republic)

**Title:** Teaching like a Gardener: Combining minimal structure with a mindset of acceptance and non-judgment for conversation lessons

**Summary:** It is vital for today's language teachers and coaches to balance lesson preparation with actual teaching time, as well as making an income that will support their lifestyle and self-care needs. Today's learners also have access to a universe of resources at their fingertips, but how do they make sense of it all, especially coupled with adverse learning experiences and trauma they might have experienced? Learn how to teach like a gardener with the Plant Method - a gentle, organic, nonjudgmental method of teaching through conversation and without textbooks. The method's six foundational tools reduce the time needed for lesson preparation while still providing adequate structure for every level of student. You will be empowered to increase your prices, reduce your lesson prep, and still create personalised lessons for each individual or small group of adults. It's simple, easy, and effective - watch your learners grow strong and confident while you become more serene and organized!

### **Bio:**

Jen has led an unconventional life, working for the government in Canada before making the big leap to become a teacher of English as a foreign language. She received her TEFL training in Prague in 2015 and has been steadily honing her skills since then. She has mentored and coached dozens of other teachers, first as a Senior Teacher for the largest language school in the Czech Republic, and then as the founder of The Plant Method. Through trial and feedback from learners, she has created a simple method of teaching through conversation without textbooks. When she's not teaching, she is likely working on her next novel, or out taking a walk with her friends, or working with herbs and plants. You can find her writing on [medium.com](https://medium.com).

## 2. Ian King (France) & Ruth Hughes (UK)

**Title:** Why Coaching Supervision? An Interactive Session

**Summary:** Discover the cornerstone of coach empowerment. This session will combine inputs and a demo from Ruth and Ian. Come and get a flavour of what supervision really is. As Proctor (2008) emphasizes, supervision offers the formative, normative, and restorative backing crucial for working coaches. Supervision is considered essential for coaches by the AC, ICF and EMCC, as it both enhances professional growth and ensures ethical alignment. It fosters ongoing learning, explores the use of a variety of coaching techniques, and supports coaches through offering rich professional insight, thereby elevating coaching standards in both novice and experienced coaches. Supervision helps coaches to maintain ethical integrity and industry norms, while safeguarding coach wellbeing, mitigating burnout and fostering resilience. Join us to explore how coaching supervision propels professional excellence, ethical practice, and emotional balance—a must for every coach's journey toward mastery.

### **Bio:**

**Ian King** Ian King is an intercultural communications trainer and “crossover coach”. He sees his work as helping people to expand their comfort zone and embrace the challenges of working in a changing and uncertain world. Ian’s intercultural experience started well before leaving the UK, when he moved from London to Leeds before obtaining a degree in French and Philosophy from the University of Edinburgh. As part of his studies, he spent a year in French Guiana. After a spell lecturing at Nice University, Ian moved to Paris where he learned



the double trade of corporate trainer and manager at a language and communications training company, becoming a member of the executive committee. He developed several ground-breaking training and coaching programmes, notably “English for English Speakers” for Airbus UK. In 2012, Ian set up his own company and strengthened his coaching credentials by training as an Executive Coach. Today he delivers training, coaching, team building and conferences in French and English in several European countries. Based in Paris, Ian is a keen runner and occasional whisky-drinker. In 2017 he combined these twin passions to co-create The Dramathon, a whisky trail marathon in Speyside, Scotland. Ian is an ILCA Board Member.

**Ruth Hughes** is a qualified coaching supervisor, leadership/career coach, trainer, consultant, and professional speaker in the fields of coaching psychology, positive psychology, positive education, culture shock and intercultural wellbeing. After twenty-five years as a senior leader in the education and voluntary sectors, working in the UK and overseas, Ruth achieved a distinction in the EMCC Senior Practitioner accredited MSc in Applied Positive Psychology and Coaching Psychology at the University of East London, founding her award-winning company Curious Human in 2018, with the mission to improve wellbeing and promote positive mental health. Ruth completed the ICCS triple-accredited (ICF, AC & EMCC) Supervision Training Course in 2022 whilst working as Course Director on the Coaching Certificate Programme at Cambridge University’s Institute of Continuing Education. She additionally holds roles as Adjunct Professor in The Science of Wellbeing at A.I.F.S. (London Campus); Research Supervisor/HPL at UEL, Associate Executive Coach with Compass Coaching and Associate Coach and Consultant with Worth-it Positive Education. Her supervision style is holistic, psychologically informed, warm, empathetic and tailored to empower each client to achieve their best outcome. Ruth is an ILCA Board Member.

### 3. Pinar Sekmen (Turkey)

**Title:** Agility in Language Coaching

**Summary:** Wearing the hats of the 21st-century skills as educators and language coaches, we are well aware of the fact that it is inevitable today to adapt to the evolving needs of learners and create the dynamics of an engaging learning and teaching environment for both learners and language teachers. Language coaching, as a very meaningful part of language acquisition, plays a huge role in supporting and reflecting on a learner’s progress, which also requires a set of regular self-/reflection and feedback systems during this continuous process. Therefore, a language coach is also expected to be agile in implementing impactful strategies and practices by modifying activities, carrying out flexible and adaptable plans, making use of authentic materials and so on. Through this workshop, participants will gain practical strategies and a deeper understanding of the power of agility in language coaching to create a more authentic learning environment through the “why” and the “how” of fostering an innovative and growth mindset.

**Bio:**

Pinar Sekmen has been in ELT for over two decades. She is the founder and academic coordinator of PS: Professional Support in Education for teachers and learners. She has been working in the fields of Tesol, teacher training, and education and training management programs. Her interests include SEL, autonomy in teaching and learning, PBL, educational technologies, mindfulness and sustainability in ELT.

#### 4. Gerard Lysaght (Austria)

**Title:** Transforming the English language classroom into a place of professional and personal growth

**Summary:** Can an English-language classroom for young professionals be an environment where they not only learn the language, but also learn to go beyond self-imposed boundaries that might hinder their personal and professional growth? If so, how can the ELT professional act not only as a teacher, but also as a coach or mentor, to create a safe and empowering environment for this growth to take place? This talk will draw on the presenter's experience in the corporate and academic sectors to give real-life examples of how ELT classes as coaching can work with adult learners who do not have English as their first language, for example by giving students the ability to express themselves in front of groups or to work effectively and respectfully as part of a team. This talk will also discuss possible ideas for the ELT professional to bring learners' engagement to a new level by focusing more clearly on delivering practical and tangible outcomes that learners can put into practice right away.

**Bio:**

Gerard Lysaght is an educator, linguist, journalist and international communicator. He currently lectures in English for Journalism Professionals, having gained extensive editorial experience with global financial services information provider, Lafferty Group. Prior to his current role, Gerard was responsible for EMEA corporate communications and public affairs at First Data, a Fortune 500 multinational financial technology company. Gerard has published and regularly presents at international conferences on the potential that international organisations can liberate by achieving a high level in, and consistent use of, the English language. He holds an MA in Modern Languages from Trinity College Dublin, as well as a Certificate in Teaching the English Language to Adults, and works in both Vienna and London.

**17:30 - 18:00: Closing Remarks and Conference Conclusion (Carrie McKinnon & Gabriella Kovács)**

#### Sunday – optional programme

##### Sunday Optional programme on Margaret Island

(weather permitting)

**Meeting point: musical fountain on the island at 9:45 am.**

**10:00.10:45**

**Instructor: Gabriella Kovács**

**Title: Mindful Movement: A Walk in the Park**

**Summary:**

Let us check in with nature and see how our view of our environment reflects on our understanding of who we are, our aspirations and our current state of being. To truly reflect on social interactions, emotions and various inputs that we receive daily, we need to understand and work with our own grounding. What better place than a vibrant park with Gabriella's guidance? Be ready to explore, discover and stretch your horizon.

**Bio:**

Australian-born Gabriella Kovács MA, PCC is an internationally certified language coach with ICF, a business communication trainer, mentor, teacher trainer, international speaker and author of *A Comprehensive Language Coaching Handbook* (2022; Pavilion Publishing and Media). Her mission is to inspire a holistic approach to language learning processes and support corporate clients.

She manages a successful language services business in Hungary for the corporate sector and co-founded ILCA, the International Language Coaching Association. She supports educators' career transitions locally and globally with webinars, training programmes and individual mentoring programmes.

<https://activelanguagecoaching.com>

[www.ilcaglobal.com](http://www.ilcaglobal.com)

**11:00-11:45**

**Instructors:** Florence de Druzy with Márta Kojnok

**Title:** *Mindful Language Coaching: Connecting with Nature on Margaret Island.*

**Talk/Workshop summary:**

We invite all participants to join us for a unique experience combining language learning and mindfulness in a natural setting. Don't miss this chance to immerse yourself in rejuvenating sessions at Margaret Island's iconic musical fountain. Embark on a journey towards empowerment and innovation in outdoor language coaching.

**Bio:**

Florence de Druzy is French-born and founder of the Avord Fluent Language Institute (AFL). She has always had a passion for English and holds advanced English diplomas. She is an internationally certified language coach, a business communication trainer, teacher trainer, and Trauma-informed care certified. She supports international English learners in high-stress work environments such as military airbases and hospitals, as well as industrial clients. Her courses take place both indoors and outdoors with a strong focus on language coaching.

Márta Kojnok, PhD, is a German teacher, trainer, and coach. Her research at Georg August University in Göttingen, Germany focused on exploring the possibilities and limitations of language as a tool for social integration—examining how our speech can either include or exclude certain groups. Passionate about fostering inclusion and integration, she continues this work today, particularly as a teacher and coach for German as a second language in Berlin, where she empowers her clients through language acquisition. Her language coaching business primarily serves international professionals living and working in Berlin, offering tailored support for their linguistic and professional needs.

**12:00-12:45**

**Instructor:** Gabriella Ferenczi

**Title:** *Disconnecting to Reconnect: Exploring Off-the-Grid Experiences*

**Summary:**

Have you ever longed for time out, in a remote place, far away from the hustle of everyday life?

Inspired by her own personal travels, Gabriella Ferenczi invites you on a mindful storytelling journey, deep into the Amazonian rainforest, to meet indigenous tribes, and learn about their language, culture and way of life in profound harmony with, and respect for nature.

Learn why disconnecting from the digital world and reconnecting with nature is essential for your personal growth.

Gain practical insights on how to cultivate off-the-grid experiences closer to home through mindfulness practices and community engagement.

**Bio:**

Gabriella Ferenczi is a German and Hungarian language coach. She lives in London, UK, where she runs a boutique language training company called ProLingua Global, and works as a Lecturer in Marketing at Coventry University London. She hosts Language Professionals' Networking Event, an independent social initiative. In late 2020, she launched Thrive Online, an online space with free marketing tips and tools for language professionals who don't like tech. It's a place where they can find practical guidance and step-by-step help to turn more online browsers into buyers. Gabriella is an ILCA Board Member.

**Optional: Lunch and stroll to the Japanese garden**

\*\*\*\*\*

We aim to offer the highest quality in catering and networking – do use the time and space between sessions to mingle and be open to approaching new faces and new ideas. 😊

\*\*\*\*\*