



# EF Coach Training programme

## 2024/2025 Syllabus

### MODULE 1 - Executive Functioning, Neuroscience and Stages of Behaviour Change

- Neuroscience & neuroplasticity
- EF Literacy - getting to know your own EF profile
- Stages of behaviour change
- CiM Standards of Accreditation

### MODULE 2 - Coaching and Professional Skills

- Coaching skills
- Safeguarding, confidentiality, flexibility & differentiation
- Clients & stakeholders
- Reflective practice

### MODULE 3 - Connect Phase

- Well-being & trauma
- Growth mindset
- The role of empathy
- Building connection and motivation
- Introduction to Motivational Interviewing

### MODULE 4 - Collaborate Phase

- SMART goal-setting
- Mental contrasting
- Scaffolding
- Session design
- Drawing on tools

**Practical coaching exercise**

## MODULE 5 - Support Phase

- Real-life coaching videos
- The science of habit formation
- Reflection
- REAP
- Measuring progress
- What next

Open book assessment

# EF Coach Training for School Professionals 2024/2025 Syllabus

The **EF Coach Training for School Professionals programme** is designed and reserved exclusively for delegates who work in the school environment. The programme follows the same training schedule as the EF Coach Training programme outlined above, except for two details:

- There is no practical coaching exercise
- An additional module is added as Module 6

## MODULE 6 - EF in Schools

- Unconscious bias in schools
- Identifying EF knowledge gaps
- Presenting EFs to the school community
- Creating an implementation plan
- EF development opportunities

[Click here for Standards of Accreditation](#)