



# Welcome to the International Coaching Week!

**Inspire. Transform. Grow.**



SEMAINE  
INTERNATIONALE DU  
**COACHING** (ICW)



# Coaching in a Foreign language

## Ready to dare ?

- Stacey Marie HIEBERT – Coach ACC
- Sylvie FILIPSKI - Coach PCC



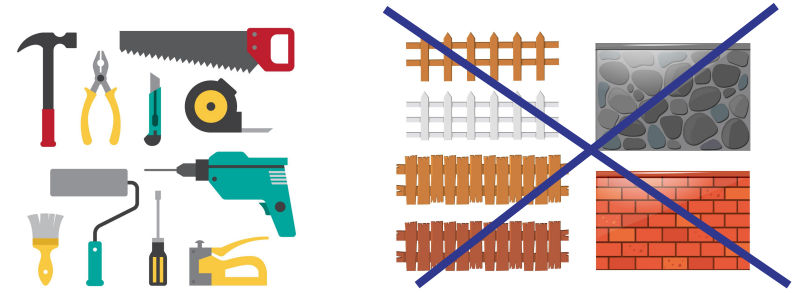


Welcome!  
Let's Connect.



## Would you please share your answers in the chat?

1. Please share your name, where are you from and/or where are you living now.
2. What is your native language?
3. What is your approximate level of English - beginner, intermediate or advanced?
4. Are you a coach? If not, if you would like to share your profession, please do 😊
5. Which language do you want to work/coach in?



**Foreign languages are tools, not barriers.**

**Our intention is to invite you to :**

1. Use these tools – create bridges
2. Have fun – dare to speak up – focus on your experiences
3. Open up to new professional horizons
4. Connect with others /different cultures, speaking another language







# By the end of this workshop, you will :

- Understand benefits & challenges of cross-lingual coaching for both coach and client.
- Explore how to use linguistic differences to help the coaching process.
- Reflect on your beliefs about language in coaching.
- Dare to step outside your comfort zone (with fun!)

# Venturing out of OUR comfort zones:



- Sylvie : the « non-native » speaker
- Stacey : the « native » speaker

Inspiring each other

Learning from each other

Sharing the energy with YOU!

# This Workshop: A Safe Space to Learn and Share



- Inclusive environment: all levels and mistakes welcome !
- We'll adjust our language - please let us know.
- Respectful & supportive communication.
- CC button available and chat for those not ready to speak.
- Patience and understanding towards different comfort levels.
- Find a balance between feeling comfortable and daring.



Free your playful voice !





# "Yes, And..." Connecting with others

It doesn't matter what we say – anything is good...

You can just say one word, or say something weird, silly, funny, surprising...



# Limiting Belief Brainstorm & Challenge

Identifying and sharing potential fears and doubts, acknowledging and reframing them.

In breakout rooms :

**Step 1 :** Present yourself, then share “What would you like to dare?”

What are your fears / concerns?

What’s holding you back?

**Step 2:** Search for ideas to unlock limitations together – offer supportive, encouraging reframes



# Coaching demo : Client speaks a language the coach **doesn't** understand

MCC Coach Jean-François Cousin  
with a client speaking Russian

<https://www.youtube.com/watch?v=vsAjqxtliK4&t=4439s>



# Ready to dare?



A safe space for you to experience coaching in a foreign language

## How it works:

- Groups : 2 coaches + 1 client  
(or coach/client/observer)
- Client presents language-related challenge

## 15 min total to:

1. choose roles
2. conduct brief coaching session
3. observer gives feedback, / each participant briefly shares observations / experience



# What are your takeaways with coaching in a foreign language?

*new awareness*

*Benefits?*

*tips*



*For the coach?*

*For the client?*

*What will you dare next?*

# What are your takeaways with coaching in a foreign language?

## Benefits for the coach

You have to be present and do active listening



Rapport

The language skills is not as important as the connection

Confirmation that languages are tools or bridges and not barriers and its nice to meet people passionate about them!



Get out of our brain focus

The coach puts a specific attention in asking its question. To be accurate, powerful and simple, all in the same time ✨



## Benefits for the client

Presence and the connection that matters most rather than the language used

Invite vulnerability for your client when the coach shows vulnerability while speaking a foreign language

using more silence

focus on presence and active listening exploring feelings, body language and intuition

Be considered entirely (verbal, non verbal and para verbal)



Presence and connection

Presence goes way beyond words

take a step away from our brains to go to the body/soma in the conversations

## Tips / New awareness



Put intention to slow down  
Overcome fear starts with doing the thing you're feared of



Being coached (as a coach) is also important to be done in another language which is not yours to enhance your presence :)

it is more also about the body language, not just vocabulary



-slow down  
• focus on intention and connection

using humor during the session to relax



Focus on being present and listening



## Next steps

Just jump in.

Work on peer coaching to practice.



Slow down and relax

Try out the peer-to-peer coaching sessions



Join ICF!

Video in French on social media

<https://peercoaching.coachingfederation.org/registration>



# Some thoughts along the way...



**JF Cousin** : “Coaching is an organic process, which includes the body, the brain and the guts.”

“So much more can happen if you don’t pay that much attention to the language”.

**A. Einstein** : “Energy doesn’t lie”.

**What is at stake ?** Coaching is about making the client hear and understand themselves.

- Active listening and presence become even more essential
- Feeling “vulnerable” will unleash your creativity in guiding your client
- In a foreign language, you will invite the person to clarify even more, leading the client to commit themselves to their objectives even more
- As a coach, your sentences will be focused on what's most essential and therefore be more powerful.

**In the end, you will find yourself even more aligned with the ICF Core Competencies than in your own language...**

# And how would it change your coaching sessions if you decided to...



- slow down
- prioritize connection and intention over perfect language use
- take the time to get in tune with your clients, as if you were musicians 🎵
- connect with your clients on a deeper level
- accept your weaknesses as a coach to unleash your creativity in communication
- listen more than talk, and ask more simple questions 🦻
- embrace your vulnerability to build deeper trust and intimacy
- trust the unknown, deal with uncertainty
- make mistakes so that your client feels comfortable to make some too

**Now, are you ready to dare?**





# What beautiful diversity ! 🇬🇧🌍

**Today, we have attendees from:** Normandy, Bordeaux in France, Mauritius, Trinidad and Tobago in the Caribbean, Peru, Italy, Bamako in Mali, Slovakia, Turkey, Russia, Armenia, Canada, Austria...

**who are currently living in** Barcelona in Spain, Ireland, Netherlands, Paris in France, Portugal, Prague in Czech Rep, Sweden, Slovakia, Parma in Italy...

**and whose native languages include :** Italian, Spanish, French, Creole, Slovak, Turkish, Armenian, English, Russian, German...

**and who would like to coach or be coached in:** English, Italian, French, Spanish, Dutch and maybe more !

About 80% of the English-speakers in the world speak English as a second language (Non-native speakers). This contributes to creating a rich and beautiful diversity in the adaptations and forms of Englishes spoken.

Let's recognize and value the unique ways we all speak, focus on understanding each other and foster inclusivity.

We can do this through adapting to others, slowing down if necessary, using clear and simple language, active listening and remembering that communication and connection is so much more than just words !

**Thank you for connecting with us and each other ! 🙏**





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**Thank you !**

**Come connect with us !**    



And if you haven't listened to our podcast episodes on #LanguageExplorers,  
[here's the link](#) to the 1st one (there are 4 in total)

You can also find these episodes on [Spotify](#) (with video and captions ) and [Apple podcasts](#)





## ● Stacey Marie HIEBERT

Empowering ambitious coaches to cross language barriers and go global with confidence and pleasure

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Partner of your professional journey, naturally  
Coaching, supervision, ICF mentor coaching, workshops for systemic coaching with and in nature (online and on site)  
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**Thanks again !**

See you soon on  
<https://coachingfederation.org/>

À bientôt sur  
<https://www.coachfederation.fr/>