



# The LLC Network

Life, language and communication coaching

# Who we are and what we do

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The LLC Network is a group of dynamic, empathic coaches specialising in Life, Language and Communication. We collaborate to deliver bespoke online courses which address participants *as they are*, and *as they can be* when using English.



Alex Brannon  
Coach



Theo Best  
Coach



Akiko  
Brannon  
Operations  
manager



Sally Edge  
Coach



# Why choose a coach and not a trainer?

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At The LLC Network we make a clear distinction between coaching and training.

As coaches, the first thing we acknowledge is that we don't have all the answers, and so you (the participant) don't need to have them either! This foundation helps you choose the judgments you have of your English, and the judgments you feel you receive from others. This means you are able to distinguish between your English as it is, and your opinion of your English.

With this new attitude you become unblocked. You form a new relationship with the language, one based on your love for the English you have. With this fresh perspective, communicating in English becomes less hard work and more exploration and play.

This relationship arises out of the bond you form with your coach. In contrast to the trainer-student dynamic, the coach-participant relationship is where whole human beings can meet as equals. In this sense, coaching with The LLC Network is holistic. It creates a real context, for growth in the real world.



# What are the benefits of online coaching?

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Participants can attend the course from anywhere with an internet connection and a PC, tablet, or smart phone. We use a fantastic platform that gives us the possibility to create a rich and diverse experience. The platform allows us to see and hear each other clearly, share our screens, watch video clips together, annotate and draw on any document or website, play back recordings of sessions, and many more things.

The experience is as rich and personal as a physical face-to-face conversation, but with the added bonuses of having the wealth of the internet as a resource and the convenience of connecting from your own home or office.



# Our courses

## Explore

7 One-to-one hours  
3 'Your choice' credits

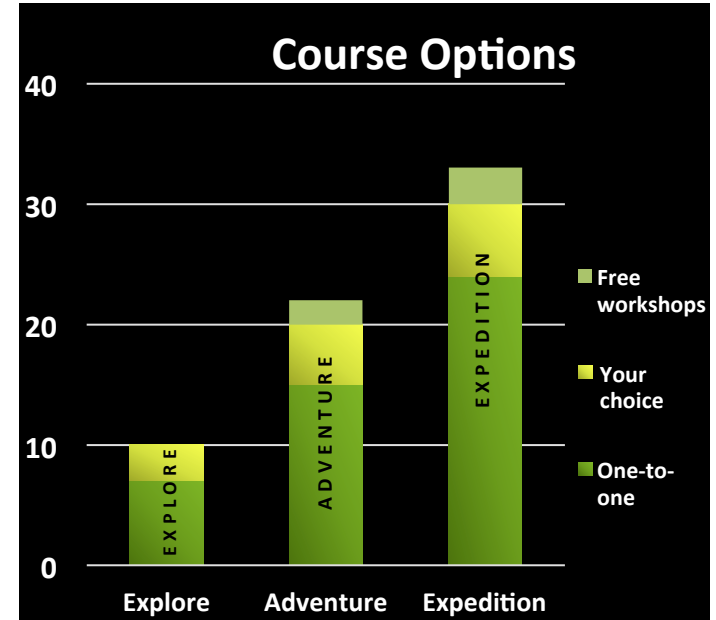
## Adventure

15 One-to-one hours  
5 'Your choice' credits  
2 FREE workshops!

## Expedition

24 One-to-one hours  
6 'your choice' credits  
3 FREE workshops!

With our **easy-to-use online booking system** you can choose times that fit in with your schedule. Sessions can be booked 24 hours in advance, and rescheduled with just 12 hours' notice.



1 'your choice' credit = 1 workshop (2 hours)  
1 'your choice' credit = 1 pair common ground (1.5 hours)  
1 'your choice' credit = 1 session of 121 (1 hour)

# Sample courses



## **Yuki chose *Explore***

“In between my seven one-to-one sessions with my coach, I did two common ground pair workshops and one group workshop. It really helped my confidence to talk with different people and in bigger groups, not just one-to-one.”

## **Pieter chose *Expedition***

“I used four of my ‘Your Choice’ credits for more one-to-one sessions with my coach. I also did two group workshops where I discovered that it’s possible have a great laugh with complete strangers, online – in English!”



Distance coaching doesn't have to be distant! Participants will build up a close relationship with their coach, who will be with them every step of the way: from booking their first lesson, to helping them set up the technology, working with them throughout the course until the last session.

Every course begins with a discussion about the participant's needs and objectives. These form a starting point for the course and are reviewed regularly.

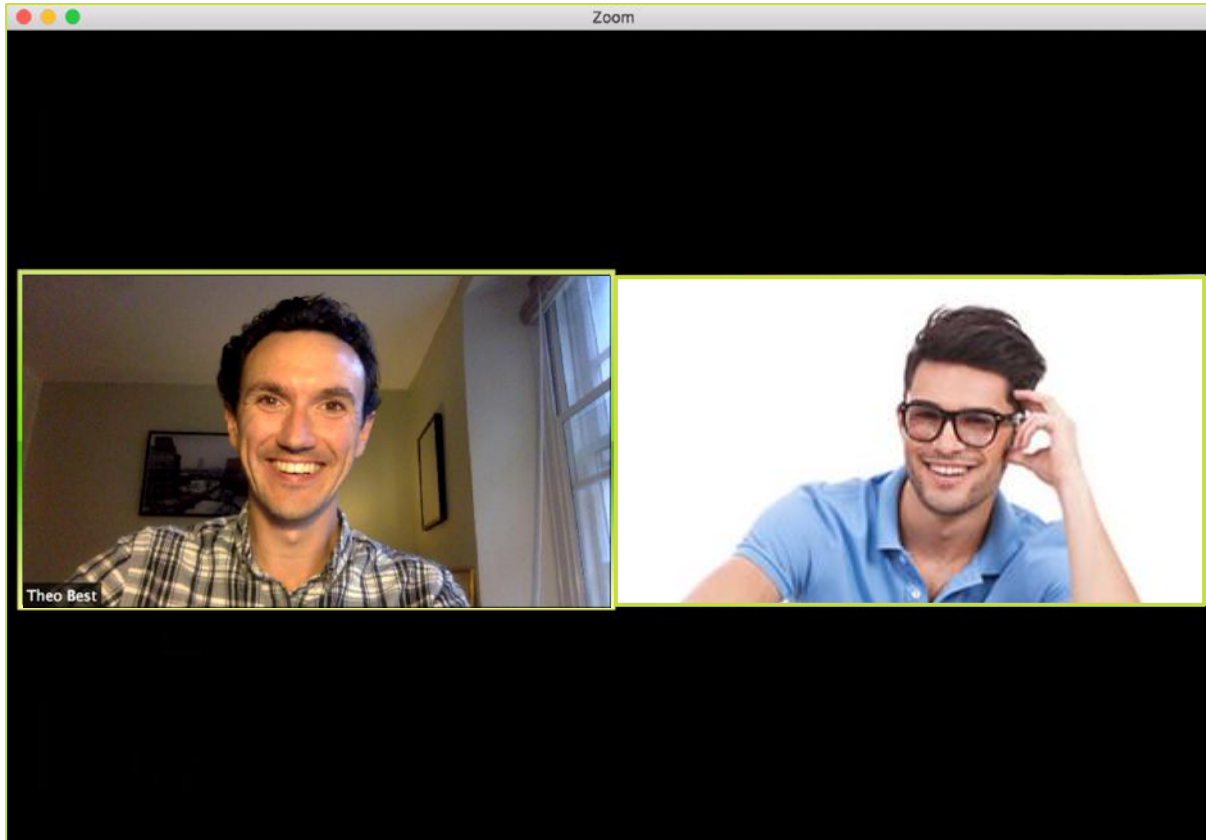
Sessions typically involve:

- **Conversations** about working and personal life, current news and issues
- **Coaching** on areas that are preventing the participant from enjoying and developing their English, such as lack of confidence, fear of criticism and over-concern with mistakes
- **Exploration and clarification** of language points (grammar, vocabulary, pronunciation) that participant is curious about, or which are causing concern or confusion
- **Communication strategies** for dealing with different contexts such as cross-cultural interactions and presentations, as well as common challenges such as not understanding, forgetting words or having a strong accent.

After every session the participant will receive an email from their coach with notes, screenshots and data sheets that were covered in the session, as well as some ideas for self-study.



# One-to-one sessions



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# Group Workshops

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2hrs

Group workshops are an exciting opportunity for participants around the world to come together for for two hours of conversation, discussion, discovery and fun, facilitated by one of our coaches. The workshops give participants an opportunity to step outside the intimate, personal space of one-to-one coaching, and use their skills in a group setting of between 2 and 4 people.

The workshops are announced in advance. Participants can join simply by exchanging a one-to-one hour for the 2-hour workshop. Workshops are based around themes, which participants are welcome to propose. Some examples of popular themes are:

- Cross-cultural communication
- What is confidence and how do I get it?
- Strategies for conference calls
- Poetry and creative language
- Clarity with the Present Perfect
- Trends in technology

Each participant will receive notes and links for further reading after the session.



# Group Workshops



# Pair 'common ground' workshops

1.5hrs

These unique online workshops are an opportunity for participants to meet others with whom they have 'common ground' - a shared interest. Participants can choose to swap a one-to-one hour for an hour and a half common ground session.

Our coaches will identify two participants who are well-matched and invite them to take part in a common ground workshop. The session will be facilitated by a coach and focussed on achieving the personal objectives of both participants.

Some examples of common ground matches are:

- A journalist who wants to interview in English is paired with an artist who wishes to talk about his work in a semi-formal context
- A travel agent who wants to talk about travel is paired with a landscape photographer who wants to talk about her pictures
- A sales director who wants to practise delivery of a sales pitch is paired with a managing director who wants to practise listening and asking questions
- A movie director who wants to talk about films is paired with a set designer who wants to talk about sets in movies



# Pair 'Common Ground' workshops



Travel Agent  
Wants to speak  
about travel



Movie director  
Want to speak about  
movies



Set designer  
Wants to talk  
about sets in  
movies



Manager  
Wants to  
practice asking  
questions



Journalist  
Wants to  
interview  
people



Landscape  
photographer  
Wants to talk about  
his photographs



Sales director  
Wants to speak  
about the  
products



Artist  
Wants to speak  
about her artwork

