



EF Coach Training programme

2025/2026 Syllabus

MODULE 1 - Understanding EF & the Brain

- Neuroscience & Neuroplasticity
- Executive Function Literacy
- Individual Differences & Neurotypes
- Interoception
- Behaviour Change Theory
- Coaching Standards

MODULE 2 - Core Coaching & Ethical Practice

- Foundational Coaching Skills
- Ethical Practice & Professional Standards
- Stakeholder & Client Management
- Differentiation & Flexibility
- Reflective Practice

MODULE 3 - Connect Phase - Emotional Depth, Motivation & Connection

- Well-being & Executive Function
- Trauma-Informed Coaching
- Growth Mindset
- Building Rapport
- Externalising Challenges
- Intrinsic Motivation
- Interoception in Practice
- Connection Session Design

MODULE 4 - Collaborate Phase - Goal Execution & Strategy Design

- SMART Goal-Setting
- Mental Contrasting
- WOOP Framework
- Small Achievable Steps

- Clear Directions
- Collaborative Scaffolding
- Session Planning

Practical coaching exercise

MODULE 5 - Support Phase - Habit Formation & Sustainable Change

- Practical Week Reflection
- Science of Habit Formation
- Measuring Progress
- Supporting Client Self-Reflection
- Skill Integration

Open book assessment

EF Coach Training for School Professionals 2025/2026 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 one addition:

- 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 Certification](#)