

**Thursday 4 June**

**3:20pm - 4:00pm**

Room: Block Y, Room Y305

**Presentation Title:** On the road to SDL: A language coaching case study

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<b>Theme:</b>	Learner and teacher experiences
<b>Presentation Type:</b>	Paper presentation

### **Abstract**

As technology expands and available time contracts, self-directed learning (SDL) may be the most attractive - if not the only - option for many people. In this mode the learner assumes responsibility for their learning, but does not necessarily operate in isolation. Indeed, one of Holec's three conditions for success in this endeavour is having access to a new kind of teacher. This case study of an adult learner of French is concerned with such a practitioner, called a coach. It considers whether a coach can favourably influence the learning process during a self-directed programme of language learning through supportive dialogue. What is found is that the ongoing nature of the discourse between the coach and the coachee can enhance the learning venture. In addition, the coach has a particular role to play in facilitating the overcoming of barriers to learning faced by the coachee. Some insights can therefore be derived for coaches concerning the development of language learning awareness which might improve the efficacy of the coaching process.

### **Biodata**

Christina Wielgolawski works freelance coaching adults who are learning English, French and German - with a focus on strategies to foster independent learning.