

FRENCH LANGUAGE & CULTURE – DAILY ESSENTIALS

FRENCH

PERSONALIZED TRAINING WITH NEUROLANGUAGE COACHING®

GENERAL INFORMATION & ACCESS

Target Audience: Non-French-speaking adults, expatriates, family members relocating to France, international visitors and professionals who wish to develop practical French language skills while gaining a better understanding of everyday life and cultural practices in France.

Prerequisites: No specific prerequisites. The programme is suitable for beginners as well as learners who already have some knowledge of French. An initial individual interview and level assessment are used to identify the learner's needs, starting level and objectives.

Duration & Pace: Flexible duration and rhythm, defined according to the learner's starting level, objectives and preferred pace.

Access timeframe: Training can begin as soon as the initial interview has been completed and the training arrangements have been confirmed, subject to availability.

Price: From €1,500 for 20 hours of individual coaching, excluding any optional certification.
A personalised quotation is provided according to the duration, format and delivery options selected.

CLOE Certification: For non-CPF-funded training, the CLOE Certification is optional and is charged separately.

LEARNING OBJECTIVES

The programme aims to develop the practical French language and intercultural skills needed to navigate everyday life in France with greater confidence, independence and ease.

The programme enables learners to:

- develop the French language needed for common everyday situations;
- understand and use practical expressions and vocabulary;
- communicate more confidently with French speakers;
- develop strategies for managing situations when their French is limited;
- understand cultural expectations that influence everyday interactions;
- become more comfortable navigating services and social situations in France;
- develop greater confidence in using French in real-life situations.

Organisme de formation N° **76460072246** exonéré de TVA

Adresse siège social : 231 Les Fraysses - Constans – Valroufié 46090 BELLEFONT LA RAUZE - France
524 931 177 RCS CAHORS Sarl au Capital de 8000 € - SIRET 52493117700025

REFERENCE : FLE-LANGCULT-01 VERSION : 1.0

DATE DE MISE A JOUR : AOUT 2026

TRAINING CONTENT

The programme is personalised according to the learner's level, situation and objectives.

FRENCH FOR EVERYDAY LIFE

Possible topics include:

- introducing yourself and talking about your family and situation;
- shopping in local stores and markets;
- ordering in cafés and restaurants;
- asking for information and directions;
- making appointments;
- communicating with local services;
- talking to neighbours and other members of the local community;
- handling everyday telephone conversations;
- understanding common signs, notices and announcements.

PRACTICAL FRENCH VOCABULARY

- everyday expressions;
- numbers, dates, times and quantities;
- useful questions and responses;
- vocabulary related to shopping, food, housing and local services;
- vocabulary relevant to the learner's personal situation.

HEALTH & WELLBEING

Depending on the learner's needs:

- describing simple health concerns;
- making medical appointments;
- communicating with healthcare professionals;
- understanding basic aspects of the French healthcare environment.

FRENCH CULTURE IN EVERYDAY LIFE

- everyday French customs and social conventions;
- communication styles and expectations;
- greetings and forms of address;
- social interaction and relationship-building;
- understanding cultural differences that may affect communication;
- local and regional differences in France.

CONFIDENCE & COMMUNICATION STRATEGIES

- strategies for coping when vocabulary is missing;
- asking for clarification;
- reformulating and checking understanding;

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- developing confidence through repeated practice;
- recognising and responding to cultural cues in everyday interactions.

EXPECTED OUTCOMES

By the end of the programme, the learner will be able to:

- handle a range of common everyday situations in French with greater confidence;
- communicate basic needs, questions and information;
- interact more comfortably with French-speaking people;
- use practical French vocabulary and expressions relevant to their daily life;
- ask for clarification and use strategies when communication becomes difficult;
- navigate everyday services and social situations with greater independence;
- recognise and respond more appropriately to common French cultural and communication conventions;
- approach everyday interactions in France with greater confidence and reduced anxiety.

DELIVERY METHODS

- Individual, duo or small-group coaching
- Online and/or face-to-face sessions
- Hybrid learning options
- Intensive workshops or immersions of one or more days
- Personal access to an online learning platform

The programme can be undertaken **before relocating to France or after arrival**, depending on the learner's needs and objectives.

DURATION AND PACE

The training is offered in programmes ranging from **20 to 100 hours or more**, depending on the learner's needs, starting level and objectives.

The pace is agreed jointly with the learner and can be adjusted during the programme according to their availability, constraints and progress.

LEARNING PLATFORM

Each learner has a **personal space on our online learning platform**. Resources and activities are selected or created according to their individual needs and objectives.

The platform provides opportunities to practise between coaching sessions, consolidate the skills developed with the coach and progressively build the learner's independence.

Notes and key points from coaching sessions are also saved in the learner's personal space. This provides a record of the topics covered, vocabulary and expressions introduced, corrections and areas for further development identified with the coach.

The platform therefore provides **continuity between coaching sessions and independent practice**, allowing learners to easily review the key elements of their programme and track their progress throughout the training.

ASSESSMENT OF LEARNING OUTCOMES

INITIAL ASSESSMENT

- Individual diagnostic interview
- Discussion of the participant's situation, experience and objectives
- Identification of cultural and/or language needs
- Where appropriate, initial French language level assessment

ONGOING ASSESSMENT

- Guided reflection and discussion
- Practical scenarios and case studies
- Role plays and simulations
- Feedback from the coach
- Self-assessment and reflection activities

FINAL ASSESSMENT

- Individual review of the objectives addressed
- Practical scenarios adapted to the participant's situation
- Review of key learning points and strategies
- Identification of areas for continued development

Where a certification is selected as part of the learner's programme, preparation and/or certification will be organised according to the requirements of the relevant certification.

CLOE CERTIFICATION – OPTIONAL AND RECOMMENDED*

The CLOE French as a Foreign Language (FLE) Certification may be taken as an optional addition to the training. The certification provides formal recognition of the learner's French language skills according to the CEFR (Common European Framework of Reference for Languages) and can help demonstrate and promote the skills acquired to employers and professional partners.

*Please note: The CLOE Certification is mandatory at the end of the training when the programme is funded through the CPF. In this case, the certification is included in the training programme, and its cost is covered by the CPF-funded offer. A minimum level of A2 is required to obtain the certificate.

COACHING & TECHNICAL RESOURCES

- Individual or small-group coaching provided by certified **Neurolanguage Coaches®**
- Online and/or face-to-face coaching sessions
- Authentic examples and situations relevant to life and work in France
- Cultural scenarios and case studies
- Personalised resources
- Personal online learning platform

- Notes and key points from coaching sessions stored in the learner's personal space
- Guided activities and resources for continued reflection and practice between sessions

The learning platform is available to all learners and provides continuity between coaching sessions, allowing learners to review, practise and consolidate what has been worked on with their coach.

ACCESSIBILITY FOR LEARNERS WITH DISABILITIES

Our training programmes can be adapted where possible to meet the individual needs of learners with disabilities, through appropriate educational and/or technical arrangements.

Please note: face-to-face training takes place at our premises, whose current configuration does not allow us to accommodate people with reduced mobility.

We encourage learners to discuss any specific requirements with us before registration so that we can assess possible adaptations and, where necessary, identify appropriate specialist support.

RESULTS & SATISFACTION INDICATORS

As these programmes are newly structured in their current format, programme-specific indicators are currently being collected. Our overall training satisfaction and completion indicators are available on our dedicated **Results & Indicators** page.

<https://emmanuel-loth-coaching.fr/wp-content/uploads/2026/08/Resultats-Enquete-de-satisfaction-2024-2025.pdf>

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