

CULTURE – MOVING TO FRANCE SUCCESSFULLY

CROSS - CULTURE

PERSONALIZED TRAINING WITH NEUROLANGUAGE COACHING®

GENERAL INFORMATION & ACCESS

Target Audience: Individuals, professionals, expatriates and families preparing to relocate to France or who have recently moved to France and wish to better understand French culture, social conventions, communication styles and ways of working.

The programme can also be adapted for people who regularly travel to France for business or who work with French colleagues, clients or partners.

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 pace, generally **20 hours**, depending on the participant's needs and objectives.

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
A personalised quotation is provided according to the duration, format and delivery options selected.

ACCESS, ENTRY & COMPLETION ARRANGEMENTS

ACCESS TO THE PROGRAMME

Registration begins with a pre-training questionnaire completed by the learner. This allows us to gather information about their background, needs, expectations and learning objectives.

An individual pre-training diagnostic interview is then conducted with the learner and their coach in order to:

- assess the learner's initial level;
- identify their language needs and communication priorities;
- define and clarify their learning objectives;
- take into account any specific constraints or accessibility requirements;
- determine the most appropriate training format and pace.

The training dates and pace are agreed jointly between the learner and the coach, according to the learner's objectives and availability and the coach's availability.

Training can begin as soon as the pre-training questionnaire and diagnostic interview have been completed and the training arrangements have been confirmed, subject to availability.

ENTRY INTO THE PROGRAMME

The learner enters the programme on the agreed start date. Their initial level, needs and objectives identified during the diagnostic process are used to personalise the training programme and establish the priorities for the coaching sessions.

COMPLETION OF THE PROGRAMME

At the end of the programme, an individual review is carried out to assess the skills worked on and the objectives addressed during the training.

The learner and coach review progress, identify areas for further development and, where appropriate, agree on recommendations for continuing the learner's language development.

The learner receives the completion documents applicable to their programme.

LEARNING OBJECTIVES

The programme aims to help participants understand and navigate the French cultural environment with greater awareness, confidence and adaptability.

The programme enables learners to:

- develop a practical understanding of French culture and everyday life;
- identify cultural differences that may influence communication and relationships;
- understand common French social conventions and expectations;
- develop greater awareness of different communication styles;
- prepare for common situations encountered when living and working in France;
- identify strategies for adapting to an unfamiliar cultural environment;
- develop confidence when interacting with French people in social and professional contexts;
- anticipate and manage potential sources of misunderstanding or culture shock. Training Content

The programme is tailored to the participant's experience, length of stay, personal situation and objectives.

UNDERSTANDING FRANCE

- Overview of France and its cultural landscape
- Major French values and attitudes
- French approaches to relationships, communication and social interaction
- Regional differences within France
- Everyday life and lifestyle

LIVING IN FRANCE

- Social conventions and everyday interactions
- Building relationships with French neighbours and local communities
- Making friends and establishing a social network

- Understanding local expectations
- Navigating common situations encountered when settling into France

WORKING IN FRANCE

- Depending on the participant's objectives:
- French workplace culture
- Communication styles at work
- Business attitudes and expectations
- Professional relationships and hierarchy
- Meetings and workplace interactions
- Common differences between French and other professional cultures
- Adapting communication to French colleagues, clients and partners

RELOCATION & INTEGRATION

- Preparing for the transition to life in France
- Understanding potential sources of culture shock
- Identifying personal cultural preferences and comfort zones
- Recognising differences between familiar and French ways of communicating and behaving
- Developing strategies for adapting to the French environment
- Managing difficult or unexpected situations

INTERCULTURAL AWARENESS

The programme may incorporate a **Cultural Orientation Indicator profile** to help participants identify cultural preferences, communication patterns and potential areas of adjustment. Your existing programme specifically describes this profile as an integral part of the mobility programme.

OUR METHODOLOGY: NEUROLANGUAGE COACHING®

Our programme is based on the **Neurolanguage Coaching®** approach, which combines professional coaching principles with knowledge from neuroscience relating to learning, behaviour and personal development.

The programme is built **with the participant, rather than simply for them**. During the initial diagnostic interview, we explore their personal situation, experience of France, expectations and objectives. These are then used to personalise the programme and identify the areas that will be most relevant to their successful integration.

Sessions encourage **reflection, active listening, questioning and exploration of real-life situations**. Participants are invited to examine their own cultural perspectives, compare them with French cultural practices and identify different ways of approaching situations they may encounter in their personal or professional life in France.

Particular attention is given to **confidence, adaptability and awareness of cultural differences**. The coaching environment provides a supportive space in which participants can ask questions, explore situations that may feel unfamiliar and develop practical strategies for navigating them more comfortably.

The approach also encourages **greater cultural autonomy**, helping participants develop the awareness and strategies needed to continue learning about and adapting to their environment beyond the programme.

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EXPECTED OUTCOMES

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

- describe key aspects of French culture and everyday life relevant to their situation;
- recognise common French social and professional conventions;
- identify cultural differences that may influence communication;
- adapt their behaviour and communication more effectively to French contexts;
- anticipate potential misunderstandings arising from cultural differences;
- apply practical strategies when faced with unfamiliar situations;
- interact with greater confidence with French people in social and professional settings;
- develop practical strategies for settling into life and/or work in France;
- approach their relocation or continued experience in France with greater cultural awareness and confidence.

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 a format of **20 hours**, but can be adjusted depending on the learner's needs 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.

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>

CONTACT US

Interested in this programme or wondering whether it is right for your needs? **The first step is simply to contact us.** We will be happy to discuss your situation, answer your questions and arrange an individual diagnostic interview to identify the programme and training format best suited to your objectives.

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Neurolanguage Coaches® – Anglais & French Language Coaching

We look forward to discussing your project with you and helping you define the most appropriate training programme for your needs.

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