

# Coaching with LEGO® Practitioner Certificate

Delivered by Nicola Barrington, MSc, CPsychol, PCC, AFBPsS

## 4 Cohorts in 2026

Online

Four live half-day  
interactive sessions

Cohort 1 (11, 18, 25 Apr, 2 May)  
Cohort 3 (14, 16, 21 & 23 July)

In-Person

Two live full-day  
interactive sessions

Cohort 2 (15 & 22 May)  
Cohort 4 (21 & 28 Aug)



Nicola Barrington  
Coaching Psychology  
Pte Ltd

# Programme Overview

The Coaching with LEGO® Practitioner Certificate is a professional development programme designed for trained and practicing coaches who wish to integrate LEGO® as a structured, psychology-informed coaching tool.

The programme focuses on purposeful application, ethical use, and professional credibility.

This certificate supports coaches to move beyond purely conversational approaches, enabling clients to access insight, meaning, and perspective through physical metaphor and reflective dialogue.



# Learning Outcomes

By the end of this certificate, participants will be able to:

- Apply the Triple-E coaching framework confidently with clients
- Design and facilitate LEGO®-based coaching sessions with clear intent
- Use physical metaphor to support insight and perspective shift
- Maintain ethical and professional boundaries when using experiential methods
- Integrate LEGO®-based coaching appropriately into existing practice



# Programme Structure & Modules 1 & 2

## Module 1 – Foundations

Coaching psychology foundations, reflective practice, and the role of metaphor and embodied cognition in coaching. Participants explore ethical considerations and psychological safety.

## Module 2 – The Triple-E Framework

Introduction to the Explore, Express, Evolve framework. Participants practise structuring Build 1 and Build 2 and learn questioning techniques that support movement and insight.



# Programme Structure & Modules 3 & 4

## Module 3 – Applied Practice

Live demonstrations, coached practice in pairs and triads, and facilitated debriefs. Participants receive feedback and reflect on their application.

## Module 4 – Integration and Professional Use

Client suitability, contracting, session design, and positioning the method within professional coaching practice.



# Teaching & Learning Approach

This programme uses an applied, experiential learning approach.

Sessions include

- live demonstrations,
- guided practice,
- reflection,
- peer learning,
- and facilitated discussion.



# Assessment & Certification

Assessment is based on demonstration of practical competence, reflective learning, and ethical application.

Participants must attend required sessions and demonstrate practitioner-level capability.

Successful participants receive a Practitioner Certificate. This is not an academic qualification and is not LEGO® Serious Play® certification.



# Ethics, Safety & Professional Standards



The programme emphasises ethical use of

- experiential methods,
- psychological safety,
- clear boundaries of practice,
- and appropriate client suitability.

# Time Commitment & Format

**Total learning hours:** 14

**Delivery:** Live online or in person

**Learning format:** Applied learning with practice between sessions



# Who This Is For

This programme is designed for trained and practicing coaches and facilitators with coaching foundations.

This programme is not designed for individuals seeking a quick tool without coaching training or for play-based facilitation without psychological grounding.



# Facilitator Profile

Nicola Barrington is a Chartered Coaching Psychologist, a Fellow of British Psychological Society and an experienced facilitator in LEGO® Serious Play® with Positive Psychology. She has a background in reflective practice, and experiential learning.



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# Practical Requirements

Participants require access to LEGO® bricks for practice sessions.

Further details will be provided prior to the programme.



# What Happens Next

Booking details, cohort dates, and contact information are provided on the [programme website](#)

For more information, please email  
[nbpositivepsychologyconsultant@gmail.com](mailto:nbpositivepsychologyconsultant@gmail.com).