

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
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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 – The Origins of Coaching with LEGO®

Explores the principles of LEGO® Serious Play® and LSP4PP. Participants use hands-on builds to reflect on coaching style, practice conditions, and key insights.

Module 2 – LSP4PP in One-to-One Coaching

Applies LSP4PP in coaching conversations. Participants build and coach around metaphor, mood, and wellbeing using the PERMAH model.



Programme Structure & Modules 3 & 4

Module 3 – Triple-E Method Stage 1: Engage

Introduces the first stage of the Triple-E Method. Focus on creating safety, flow, and presence through warm-ups and reflective builds.

Module 4 – Triple-E Method Stages 2 & 3: Explore and Expand

Completes the Triple-E Method. Participants practise builds, then guide clients toward insight, action, and behaviour change.



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 all 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



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Who This Is For

This programme is designed for trained and practicing coaches and professionals 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.



Practical Requirements

Participants require access to LEGO® bricks for practice sessions.

For in-person sessions, all materials will be provided.

For online sessions, participants need access to their own LEGO® bricks.

Further details will be provided prior to the programme.



What Happens Next

To book, please [click here](#).

For ask questions, please **email nbpositivepsychologyconsultant@gmail.com**.