

TRAININGS FOR EDUCATIONAL SETTINGS

An agile training

When NEUROSCIENCES reinvent your LEARNING AND TEACHING!

Outcome :	Better self awareness, better connection to peers / environment and stronger ability to learn
Methods:	« Gestion mentale » and the 4Colors/Fun&fficient methods
Target audience:	Teachers and Students (10 to 18 years old)
Languages:	French and English
Duration :	5 hours minimum



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STUDENTS

CLASS SIZE:

A maximum of 25 students (1 group) per session (11 to 18 years old).

SESSION LENGTH:

Pre-learning online or through an augmented reality quest (30 minutes)

+

Group session lasts one full day- 5 hours minimum

+

Debrief in a recapitulative assembly (1 hour)

OPTION 1: MINDGILITY TRAINING

Students will learn through an agile study plan and effective strategies at school and in their everyday life:

- holistic and cognitive strategies that are aimed to facilitate self-reflection.
- to find out more about their behavior and their emotional state,
- to project themselves to succeed
- to learn about attention, understanding and reflecting,
- to memorize and create their own learning experiences

As a follow up, students will be sent a “Mindgility” booklet to reconnect with the content and share it at home.

OPTION 2: BRAINWISE TRAINING

A brain based program for building critical thinking and decision making skills. Learning how to control impulsive behavior, accurately identify choices, assess consequences and actions to take responsible decisions.

FEES:

Charged as a set fee per session (for one group of students). Detailed quotation on request



TEACHERS

GROUP SIZE:

A maximum of 25 teachers per session

SESSION LENGTH:

Pre-learning online (30 minutes)

+

Group session lasts one full day- 5 hours minimum.

Alternatively: after school seminars

+

Post-learning online (minimum 30 minutes)

MINDGILITY TRAINING:

Teachers will discover their own learning preference and consequently their teaching style.

They will find out tools to enhance **curiosity** from students bringing more involvement and independence in the learning process. Combining with cognitive skills and social and emotional tools, they will be able to understand themselves. By adapting mindfully to their energy, learning and teaching will also be more **interactive** and **participative**, allowing each member of the group to experiment, share and project themselves in concrete actions.



Workshop style with clear practical tools that can be brought in class.

1. Familiarizing with my behavioural profile to adjust to my class' profile
2. Teaching through the lens of neuroscience and understanding my learning compass
3. Motivation at the heart of the project
4. Attention and memorisation
5. Reflection and comprehension
6. Practising coaching academic techniques in class
7. Creating Fun&fficient learning capsules for students

FEES:

Charged as a set fee per session (for one group of learners). Detailed quotation on request.



PARENTS

SESSION LENGTH:

After school, 1 hour and 30 minutes

NUMBERS:

No limit on numbers

MINDGILITY SEMINAR :

Parents will discover the mindgility principles, a study guide of how to get involved mindfully and effectively.

FEES:

Set fee per offer / Offered for existing customers