



TRAININGS AND COACHING FOR INDIVIDUALS

An agile training and coaching approach

When NEUROSCIENCES reinvent your approach to coaching!

Outcome :	Better self awareness, better connection to peers / environment and stronger ability to learn
Methods:	Gestion mentale , the 4Colors/Fun&fficient, Positive Psychology, Brain based coaching & Academic coaching
Target audience:	Adults and Students (10 to 18 years old)
Languages:	French and English
Duration :	3 hours minimum



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ACADEMIC COACHING and SUPPORT FOR CHILDREN

SESSION LENGTH:

1 hour

NUMBERS:

1 child (12 years old minimum) for a coaching and support session
A group of minimum 4 children is also possible

MINDGILITY ACADEMIC COACHING

Initial consultation

Focuses on setting up the right coaching relationship, establishing trust, managing expectations, inspiring and setting up clear expectations.

7 STEPS To A SUCCESSFUL Coaching journey for children:

Step 1: Send me an e.mail, skype with me or phone me

Step 2: Set up an initial Interview with me

Step 3: Talk to your child about the initial Interview

Mindgility looks at helping learners understand how they study and learn best as well as develop habits and skills that are lifelong learning tools.

Step 4: The initial interview (French or English fluency is mandatory)

Parents can attend the first 5 to 10 minutes of the Initial Interview with their child and then, it is best if the coach and coachee meet one to one without the parents to give the child the chance to experience what it will be like to work with a coach.



Step 5: Discussion parents-coachee about the initial Interview and make a decision together. Talking immediately after the Initial Interview while everything is still fresh is recommended so that a decision can be made together.

Step 6: Set up a time to talk to the coach

The coach will give you the insights from the Initial Interview that will help the coachee understand how best to address the challenges that he/she is facing as well as a plan to help parents and children achieve the best outcomes.

Step 7: Start the coaching sessions

An agreement will be sent before the start of the first session.

FEES:

50 euros for initial consultation

110 euros for a one hour session.

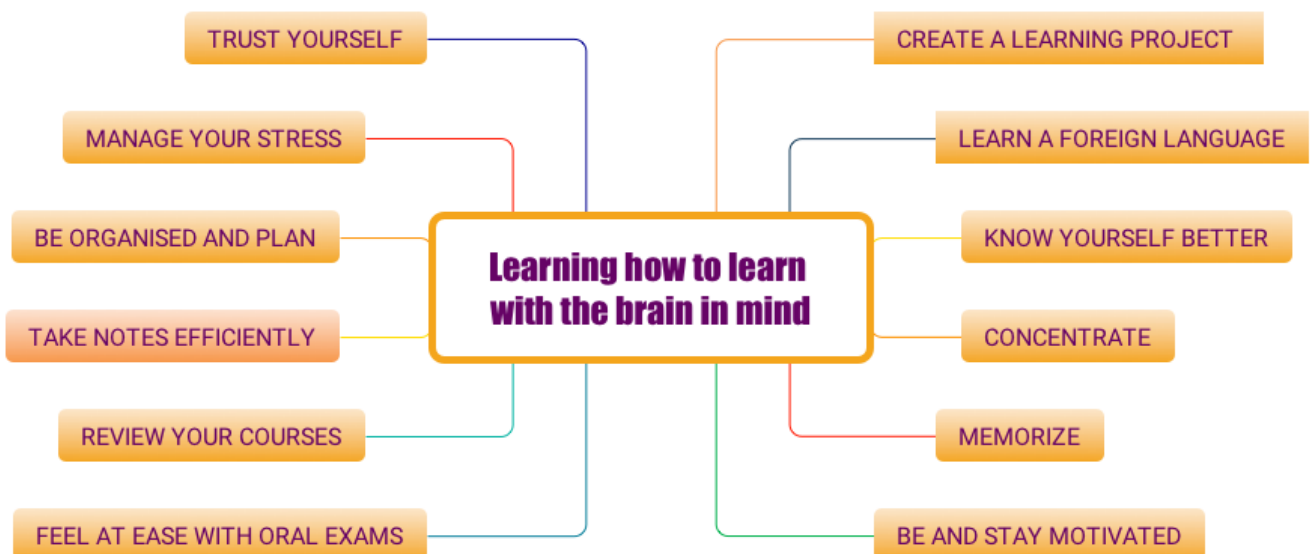
90 euros a session when there are siblings in the family (back to back session)

MINDGILITY POSSIBLE CONTENT SESSIONS

- Children will learn holistic and cognitive strategies and create their own learning experiences through an agile study plan and effective strategies at school as well as in their everyday life:
- to facilitate self-reflection
- to find out more about their behavior and their emotional state,
- to project themselves to succeed academically,
- to learn about attention,
- to understand and reflect
- to memorize and

A personalized “Mindgility” booklet will also be given to the child.

SUPPORT TOPICS AVAILABLE





COACHING AND SUPPORT FOR PARENTS

SESSION LENGTH:

1 hour

NUMBERS:

1 parent for a coaching and support session

A group of minimum 4 parents is also possible

MINDGILITY COACHING AND SUPPORT :

Parents will discover their learning skills, connect better with their children and discover study tools to enable their child/children to thrive academically.

SEE SUPPORT TOPICS AVAILABLE PAGE 4

Free initial consultation

A 4Colors profile

A coaching agreement, a coachee folder, a pre-session, preparation questionnaire and session worksheets, a brain-based coaching structure will be used and some e-mails follow-ups with numerous worksheets, web documents/videos/ audio files on the topic of our coaching sessions will be provided.

FEES:

50 euros for initial consultation

Coaching and 4Colors profile cost will be defined after the initial session



COACHING AND SUPPORT FOR TEACHERS

SESSION LENGTH:

1 hour coaching and support session

1 teacher for a coaching and support session

A group of minimum 4 teachers is also possible

MINDGILITY POSSIBLE SUPPORT/TRAINING TOPICS :

Teachers will be heard and will express their needs or dilemma during the coaching session. The support session will bring some powerful social, emotional and cognitive tools to enhance curiosity to students enabling more peaceful lessons to take place.

1. Understanding my behavioural profile to adjust to my class' profile (a 4Colors profile for the coachee)
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. Coaching academic techniques in class

FEES:

50 euros for initial consultation

Cost will be defined after the initial session