

« Learning How to Learn » Program

Testimony:

« It is the possibility to give to children the chance to understand themselves and others better (parents included). By recognizing their emotions, they will go towards "happiness" as well as accepting others. All those emotions are who they are and who we are. It is the education of peace and the release of human potential. »

(translated from French) Lidwine R.

Interested?

Check the website to know more about it:
<http://mindgility.co> or send an email to
mindgility@gmail.com

Releasing potential at school at work at home



Sophie Le Dorner

- Master's in education of French as a Foreign Language
- Academic coach in neurosciences
- Pedagogue practitioner
- Founder of Mindgility

References: French School Vauban of Luxembourg, European School II of Luxembourg, Montessori Hobscheid School, Caceis, JP Morgan, Agile Partners.



Lynn Frank

- Master's in public health education
- Bachelor (hons) in Psychology
- Licenced Parent Group Facilitator
- Family Yoga Practitioner



LEARNING How To LEARN Program To ease transition into Secondary Education

A unique experience for
children (9-12) & their parents
in Luxembourg

Learning How To Learn

An **innovative** program based on a multimodal and **neuro-pedagogical** approaches.
Easing the way towards autonomous teens.

THE PROGRAM

Emotional, social and cognitive interdisciplinary skills as well as metacognitive (learning about your learning process):

- ◆ Understand how to regulate your emotions;
- ◆ Communicate efficiently in everyday situations, at home and at school;
- ◆ Find strategies for learning as efficiently as possible

++ Curiosity, respect and a creative community
++ Learning capsules built through an interactive and participative mode so that everyone can be actors of their own learning

Time and place: Saturdays 9.15 to 4.30 pm

Cost: 260€/day (1 child & 1 parent), lunch included, at Hollenfels (20 mins from the city)

Participants: 12 maximum (children 9-12 years)

THE PROGRAM CONTENT

« The 7 C'S »

DAY 1. Connection: Better understanding yourself and your environment (16/ 11/2019)

Introducing a new tool to understand your emotional and behavioural way to learning.

DAY 2. Curious mind: Study with the MINDGILITY neuropedagogical principles (7/12/19)

A neuroscience tool to use in everyday life to review knowledge.

DAY 3. Cognition: Learning with the 4Colors (11/01/20)

An agile tool for all learning environments to get organised.

DAY 4. Core project: motivation at the heart of the project (14/03/20)

New ways to motivate yourself in everyday life.

DAY 5. Centering: To be more attentive and improve memory (25/04/20)

Practical ways to discover your mental learning pathways and different steps to attention and memorisation.

DAY 6. Completion: Reflect and Understand (16/05/20)

Concrete tools to manipulate the process of reflecting and understanding.

Creativity: Release the potential of the learners and remove obstacles

Introducing new skills and tools all along the program to release the learners' creative imagination.