

# Personal Coaching on Study Skills

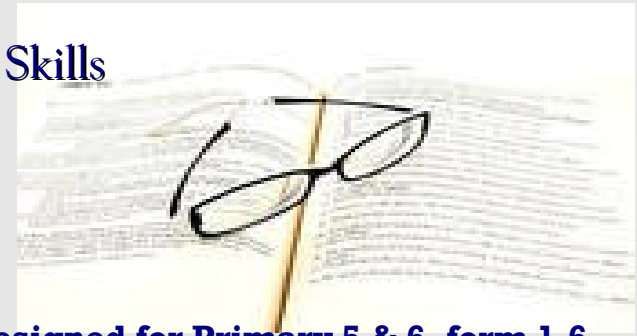
*base on NLP techniques*

Have you ever read pages from a book but unable to understand or remember what you read?...Somehow when you read aloud, it is easier for you to understand.. or do remember well if you write down what you read?

'You are not dumb or stupid.. it's the way you learn!..

'Studying can be stressful.. you feel there are not enough time, you can't focus, ... or worse.. you don't know why are you studying!

Boring!... Tired!.. Stress!...



**Designed for Primary 5 & 6, form 1-6 students, especially those preparing for UPSR, PMR, SPM & STPM**

## Objectives

Students will understand their learning type according to VAK model, able to set their own goal, manage their time, plus learn how to control stress.

After completing the personal coaching, they will be able to :-

Understand their VAK learning style  
Time management  
Goal Setting  
Control stress



## Brief about Visual, Auditory and Kinesthetic Learning (VAK) model

### Visual learner

- learns everything through seeing, they may think in pictures and enjoy diagrams, illustrated books, videos and hand-outs.
- they will take detailed notes during class, illustrate story that they write and use pictures to help them memorize facts.

### Auditory learner

- learn easily through verbal lessons and anything that allows them to talk out what they are learning
- learn best by reading text aloud
- enjoy debates and discussions in class

### Kinesthetic learner

- enjoy a hands-on approach or being able to move while learning
- need frequent breaks, learn best by handling objects, and like to listen to music while they learn
- also learn better if allowed to stand up rather than sit down during long lectures.



## What is NLP?

**NLP** is set of tools that let people model excellence in all its form, using exercises, tools and ideas to achieve result and goals they never thought possible.

**Neuro** : The mind, think, feel, imagine  
**Linguistic** : language – speaking, written, unwritten  
**Programming** : technical side of how to influence mind through language



By Appointment only!

Your Coach :  
Shirley Hunggim  
Certified NS-NLP Practitioner

For more information please call 012-828 5278  
or email [ellie1174@yahoo.com](mailto:ellie1174@yahoo.com)