

Personal Coaching on Study Skills

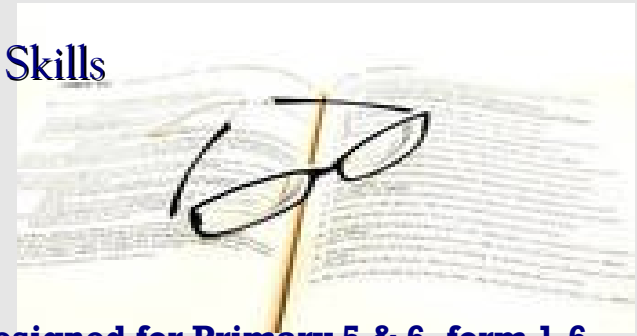
base on NLP techniques

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 :
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