



WAKENING

— PERSONAL DEVELOPMENT & LEADERSHIP COACHING —

Learner Coaching Course – Success Playground

Duration: 10 Sessions x 2 Hours

“Success Playground” for children is about bringing out the skills and values that your child will use for life. This is by far one of the greatest investments you will make to your child’s development. Your child will realise that they are beings that are capable of achieving anything through the process of thinking big, creating fun affirmations and taking giant action steps towards their dreams. Effective study techniques will give your child a great advantage, leading to improved academic results. Character-building exercises will inspire a more positive and constructive mindset towards life in general.

We believe that all children are perfect just the way they are – We merely promote these natural positive tendencies. Responsibility, gratitude, teamwork and discipline are just some of these inherent qualities that will begin to surface.

All sessions are presented in an exciting and interactive manner as this is the most effective way for children to learn. Your child will be an active participant in this process and not a passive listener.

What your child has to look forward to...

Session 1 *Great Power Lies Within Me*

This is a dynamic session that sets the tone for what is to follow. Your child will feel inspired and enthusiastic about being a part of this fun, interactive course.

This session includes stories and activities to promote the understanding that your child is truly powerful beyond measure.

Session 2 *Goal Setting - The Science and Art of Setting Goals*

In this session our attention will be focused on enlightening the learner on the subtle, powerful art of setting goals. Some of the key elements in converting any goal into reality are clarity of vision, creation of a time frame and daily reevaluation and reaffirmation of that which you wish to achieve. These are just some of the points that are to be illustrated and demonstrated to our learners.

Session 3 *My Mind is like a Garden*

Every thought and belief is a seed that is sown in the garden of our mind. When you become an active participant in deciding what to believe and think, you immediately become the master of your mind and consequently the creator of your destiny.

Session 4 *Study Techniques 1*

Listed below are some of the techniques that our learners will be exposed to, in an attempt to aid them in enhancing their studying abilities:

- Mind Maps
- Right brain learning tools
- Concentration exercises
- Attitude towards studying
- Making the shift from studying to learning

Session 5 *Study Techniques 2*

Continuation of previous session's lessons.

Session 6 *Time & Stress Management*

Teaching children to put first things first.

The importance of organisation and planning.

Exercises to manage thoughts and energy.

Session 7 *Character Building 1*

Teamwork activities and leadership training.

Practical exciting activities that inspire children to work in harmony with each other.

Session 8 *Character Building 2*

Building confidence.

Fun activities to encourage the learners to speak with confidence and develop the freedom to share their thoughts and eliminate shyness.

Session 9 *Personal Values & Character*

In this session we will study the lives of dynamic leaders and how we can learn from their experiences. A session that is truly inspirational and will change the role models that our children identify with.

Session 10 *I am a Genius*

This session concludes the course with powerful activities that reinforce what has been learnt. We will recap the lessons that have been covered in new innovative and exciting ways.