

BENEFITS OF ACADEMIC LIFE COACHING @ GLOWCOACHING

The benefits of academic life coaching @ GLOWCOACHING includes exceptional personal, behavioural and academic results for learners:

- Self-regulation - managing strong emotions and inhibiting impulsive behaviours
- Attention - sustaining focus throughout the year even during uncertainties
- Task Initiation - starting a non-preferred task and overcoming a desire to procrastinate
- Organisation - keeping track of school work, organising ideas and information for maximum results
- Planning and Prioritising - setting goals and maintaining goals, mapping out priorities and tackling distractions
- Time Management - allocating time for schoolwork and other commitments such as sports, chores, family, friends, and other involvements
- Cognitive Flexibility - considering the perspective of others (teachers and friends) and formulating different solutions to problems
- Metacognition - the ability to reflect on one's own learning and have self-awareness that drives good choices
- Problem solving - the ability to handle difficult and unexpected situations quickly and effectively
- Staying on track - maintaining focus on the goal and learning accountability

Our Packages

BOOSTER - 3 SESSIONS

This package (consisting of 3 sessions) is for learners that simply need a kickstart for the year. These are learners that are generally committed, responsible and focused. Coaching will boost such learners to maintain focus and unlock their potential to excel further through a journey of self-discovery, self-satisfaction and positive self-awareness.

GROWING - 6 SESSIONS

This package (consisting of 6 sessions) is for learners that need help with motivation, commitment and increased responsibility. These are learners that loose focus faster, easily distracted and generally find it difficult to maintain levels of commitment and motivation - starts off well but along the way starts dropping grades and may loose interest. Coaching will empower such learners to take charge of their lives and overall performance through tangible personal growth.

TRANSFORMATIONAL - 13 SESSIONS

This package (consisting of 13 sessions) is for learners who need help with life management and leadership development. This is a transformational journey that will completely change the trajectory of the learner's life. Coaching will yield considerable behavioural change, personal development, goal driven and positive attitude to life.

All sessions are 45min @ N\$500 p/session

Covid-19 SPECIALS on packages!!!

15% Discount for BOOSTER: N\$1275

20% Discount for GROWING: N\$2400

25% Discount for TRANSFORMATIONAL: N\$4500

Offer valid till 26 February 2021



GLOWREACH @GLOWCOACHING

ACADEMIC LIFE COACHING



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ABOUT GLOWREACH @GLOWCOACHING

GLOWREACH @ GLOWCOACHING provides executive, leadership, transformational, business and life coaching to adult professionals and organisations for over ten years.

Appreciating the exceptional benefits and results coaching has for adult professionals and organisations in excelling in their careers, increased organisational performance, improved self-leadership, resilience, improved work-life balance;

GLOWREACH @ GLOWCOACHING is extending these significant benefits and results through academic life coaching to Secondary School learners that are forced to mature faster than before. 90% improvement in learning has been recorded of learners who received coaching in the past (testimonials are available).

Coaching is not counselling, tutoring or training but rather an individualised process that unlocks an individual's greatest potential for maximum performance.

Our coaching services are provided by well skilled and certified life coaches.



WHY ACADEMIC LIFE COACHING

Many parents will attest that the recent changes in schooling and learning due to Covid-19 has brought about so much uncertainty of the future including our children's education. Covid-19 has changed the education landscape of our children. The impact of these changes on our children's academic performance is felt greatly.

The effects of school lockdowns (physical school closure), remote schooling and learning, changes in school attendance on children cannot be ignored; these changes have long lasting effects on our children. Learners are battling with loss of academic interest, sense of loneliness, inconsistent motivation levels, loss of focus, loss of concentration, boredom, anxiety, depression etc.

Due to these psychosocial effects on school learners, @GLOWCOACHING has designed an academic life coaching program to help learners deal with these negative effects imposed by the challenges presented to our education system due to Covid-19.

Our children now have to learn new coping mechanisms of dealing with unprecedented uncertainties and challenges that as adults we were never faced with. It is already overwhelming for adults to tackle the uncertainties presented by the global challenges emerging from Covid-19, how much more overwhelming is it for our children that have very little life experience.

ABOUT ACADEMIC LIFE COACHING

Academic life coaching is aimed at equipping Secondary school learners with executive functioning skills to improve learner self-efficacy to effectively navigate life challenges while maintaining a well-balanced, focused school-life for academic success.

Academic Life Coaching will unlock learner potential to deal with uncertainties, changes and challenges to maximise their academic performance.

This process will enable learning and development to occur simultaneously thus enabling learners to increase and maintain academic focus, improve and maintain motivation levels, improve and maintain concentration levels whilst improving skills to deal with boredom, loneliness etc.

Our academic life coaching services are provided both virtually and onsite depending on the client's preference. All coaching sessions are one-one, self-paced, no grouping!

The Academic Life Coaching programme is a national programme targeting learners nationwide and thus we have limited space available. The programme can only accommodate 10 learners per school.

Contact our centre now to book space for your child and/or join the information sessions on zoom.