

# 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 academic work, organising ideas and information for maximum results
- Planning and Prioritising - setting goals and maintaining goals, mapping out priorities and tackling distractions
- Self Management - allocating time for academic work and other commitments such as sports, chores, family, friends, and other involvements
- Cognitive Flexibility - considering the perspective of others (teachers / lecturer 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 students that simply need a kickstart for the year. These are students that are generally committed, responsible and focused. Coaching will boost such students 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 students 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 students to take charge of their lives and overall performance through tangible personal growth.

### GLOWING - 12 SESSIONS

This package (consisting of 12 sessions) is for students who need help with life management and leadership development. This is a transformational journey that will completely change the trajectory of the student's life. Coaching will yield considerable behavioural change, personal development, goal driven and positive attitude to life.

**All sessions are 45min @ the follwoing packages:**

**BOOSTER (3 sessions): N\$1500**

**GROWING (6 sessions): N\$2970**

**GLOWING (12 sessions): N\$5610**



**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 School learners and University students that are forced to mature faster than before. 90% improvement in learning has been recorded for 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

The educational landscape has changed drastically, our children are faced with different types of educational challenges. These challenges impact our children's academic performance greatly.

There is increased inconsistent motivation levels, loss of focus, loss of concentration, boredom, anxiety, depression, etc. that children are experiencing.

For learners that do online learning, the educational challenges are unique. Some learners experience a sense of loneliness, challenges in planning, self leadership, etc. that poses different psychological challenges.

For university students, the challenges are even more intense. Navigating through the new life of being at varsity on your own with no support is not easy.

Due to these psychosocial effects on students, @GLOWCOACHING has designed an academic life coaching program to help students successfully deal with these challenges.

Our children now have to learn new coping mechanisms of dealing with unprecedented uncertainties and challenges that as adults we were never faced with.

**Help your child to take charge of their future now! Don't wait for life events to happen, be responsive and not reactive!**

# ABOUT ACADEMIC LIFE COACHING

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

Academic Life Coaching will unlock student 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 students to increase and maintain academic focus, improve and maintain motivation levels, improve and maintain concentration levels whilst improving skills to deal with distractions, 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 students nationwide and thus we have limited space available.

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