

# The Education Coach Re-Engage Learning Program

## Overview

Introducing the Re-Engage Learning Coaching Program, a transformative 4-week journey designed for learners who have faced disruptions in their education or are struggling with motivation. This one-to-one coaching program provides personalised support to help learners regain confidence, ignite their passion for learning, and develop effective study strategies. Through reflective discussions, motivational techniques, and tailored learning plans, we will explore your child's interests, set achievable goals, and build sustainable habits that empower them to thrive academically. Join us to rediscover the joy of learning and create a roadmap for your future success!

## The Initial Coaching Conversation

Every coaching journey begins with a starting point. For all our programs, this takes the form of an initial coaching session. True to our style, all our sessions are infused with humour, learning, and motivation, and the first conversation is no exception. During this session, we'll take the time to explore your child's current perspectives about their learning and education to date.

## Learning and Accountability

Learning and accountability are central to our approach when working with students. We focus on equipping them with the tools and knowledge they need to grow while ensuring they take responsibility for their progress. By fostering a sense of ownership over their learning journey, we help students stay motivated, track their achievements, and build the discipline necessary for lasting success. This balance of learning and accountability empowers them to develop habits that will serve them well beyond school.

All coaching sessions are 45 minutes.

# What Students Will Learn

This is an example of what a typical curriculum could look like. However, it may differ for your child, as we may focus on just a few key elements. Our goal is to ensure the biggest impact from the coaching sessions by tailoring them to your child's unique needs and priorities.

## Week 1: Understanding the Journey

1. **Personal Reflection:** Engage in a discussion about the learner's educational disruptions, focusing on both challenges faced and enjoyable past experiences to foster a positive outlook.
2. **Growth Mindset Exploration:** Introduce the concepts of resilience and adaptability, emphasising how a growth mindset can enhance learning and personal development.
3. **Goal Setting:** Collaboratively establish specific personal goals, identifying what the learner hopes to achieve by the end of the program to create a clear path forward.

## Week 2: Rebuilding Motivation and Engagement

1. **Motivational Techniques:** Introduce strategies for self-motivation, such as visualization exercises and positive affirmations.
2. **Exploration of Interests:** Create a personalized "passion map" to help the learner identify subjects or activities that excite them and align with their goals. Discuss how these interests can be integrated into their learning journey.
3. **Daily Motivation Challenge:** Collaboratively set small daily or weekly goals that promote engagement and motivation.

## Week 3: Developing Learning Strategies

1. **Study Skills Assessment:** Evaluate the learner's current study habits, identifying strengths and areas for improvement. Discuss challenges they face in their learning process.
2. **Personalised Study Techniques:** Introduce tailored strategies for note-taking, time management, and active learning, considering the learner's individual preferences and learning style.
3. **Technology Integration:** Recommend specific apps and tools that can support their learning process (e.g., digital planners, educational platforms, and productivity tools).

4. Reflection Exercise: Encourage the learner to assess which learning strategies resonate with them and why.

#### **Week 4: Building a Sustainable Learning Path**

1. Action Planning Session: Collaboratively develop a personalised learning plan that outlines specific short-term and long-term goals, resources, and strategies for achieving success. Discuss how to align their interests and strengths with educational opportunities.
2. Skill Application: Reflect on the learner's experiences, insights gained throughout the program, and how they can maintain motivation moving forward. Discuss potential obstacles and strategies to overcome them.

## Contact Us

We hope this outline has provided you with a glimpse of what can be achieved during the coaching sessions. If you're uncertain about whether coaching is the right fit for your child, please don't hesitate to reach out for a conversation. With years of experience in educational settings, we understand that every child and learning experience is unique, and we are here to offer our support and guidance. Let's work together to find the best path for your child's success!

The Education Coach

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