

Excellence in Education

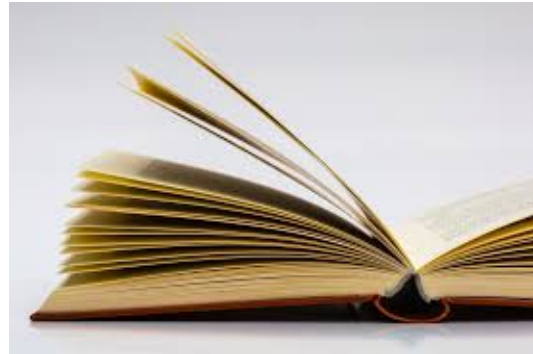


Engage students • Accelerate learning • Improve grades

Tracey Cole, BSc, PhD, MABNLP, MABH, MTLTA. Certified Trainer and Coach



A unique opportunity to accelerate and advance teaching and learning using unmatched educational practices – by teaching and learning with your mind!



“Clear and practical strategies”

What would you get out of our educational trainings?

- Do you want your students to engage in their lessons and allow teachers time to teach, rather than manage the classroom behaviour?
- Do you want your learners to change their beliefs about their learning and their capabilities for the better?
- Do you want clear and practical strategies to deal with dyslexia, ADHD, poor memory and recall, low self-esteem, exam nerves and bullying?
- Do you want to create calm learning environments conducive to learning?
- Do you want to be in great rapport with your students and staff?
- Do you teach students? Teach, coach or manage teachers, lecturers or other trainers and educators?
- Do you need to engage more productively with colleagues?



Our courses will enable you to design, plan and deliver outstanding teaching. You will waste less time on classroom management and have more energy for faster and more creative teaching and learning. We use the most up-to-date, proven neuro-linguistic programming (NLP) techniques to bring about such changes.

NLP is a recognised mode of psychotherapy in the UK, accredited by the UK Council for Psychotherapy (assigned to the Experiential Constructivist Therapies section). It is a synthesis of cognitive and behavioural psychology, renowned for its ability to furnish elegant communication and excellence in learning. However, NLP is much more than a set of techniques, it is an established, tried and tested set of development tools that will make you a more effective teacher and communicator.

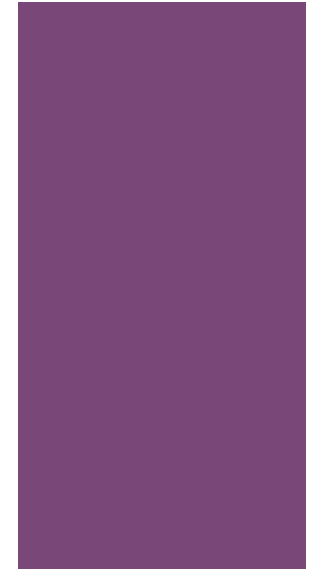
What can NLP do for the classroom?

In brief:

It is said by many to contain the most accessible, positive and useful aspects of modern cognitive and behavioural psychology, and so can be helpful in virtually every aspect of personal and inter-personal relations. NLP has many beneficial uses for teaching and learning. For example, NLP enables better communication, better awareness and control of oneself, better appreciation of the other person's feelings and behavioural style, which in turn enables better empathy and cooperation. NLP improves understanding in all communications, including one to one and group presentations. NLP is an enabling tool of Emotional Intelligence (EQ),

which is an aspect of multiple intelligence theory. Neuro-Linguistic Programming can also be very helpful for stress management and developing self-belief and assertiveness and confidence. The empathic caring principles of NLP also assist the practical application of ethical and moral considerations (notably achieving detachment and objectivity), and using loving and compassionate ideas (simply, helping people) in work, education and life generally.

“NLP improves understanding in all communications”



For the teacher:

- Quickly establish great rapport with individuals and groups of students to influence persuasively
- Be able to create a calm learning environment
- Understand how the individual processes information, create lessons that engage all learners
- Be able to develop a mastery of language to give you flexibility to communicate well in different circumstances
- How to use a simple communication model to ensure that you always get your message heard
- Understand that all learning is at the unconscious level; conscious learning is for the short-term only. The students forget what they learnt previously.
- Use subtle techniques to enhance conscious to unconscious learning to facilitate memorising and recall
- Be able to work with learners who are in a 'learning state'. Learning depends on the students' neuro-physiological 'state' (e.g. a state of curiosity rather than a state of boredom). Students in a negative state do not learn effectively.
- Control your own state at any time, even in challenging circumstances
- Project sensitivity and curiosity to influence your interaction with learners



For the teacher continued:

- Design presentations that resonate with each and every learning style – not just VAK!
 - Use metaphors, anecdotes and stories to embed ideas
 - Resolve bullying and bickering
 - Elegantly disagree with an argumentative student, whilst maintaining rapport
 - Improve learning with dyslexic students by showing them the ‘Spelling Strategy’
- Improve concentration in students diagnosed with ADD/ADHD
 - Know how to prepare students for examinations and tests by improving revision techniques and recall
 - Prepare students for multiple-choice examination questions by accessing their unconscious memory during the examination

For the student:

- Accelerate learning in and out of the classroom
- Improve concentration and focus
- Develop greater powers of recall
- Remove limiting beliefs that hold you back from being an exemplary student in every lesson
- Use the ‘Spelling Strategy’ to improve literacy
- Control exam nerves
- Prepare for interviews with confidence
- Discover your learning styles and plan revision accordingly to maximise deep memory strategies



One to one and small group sessions for students

Effective learning is as much governed by the student's beliefs about learning and about themselves as learners. Such beliefs are learnt and can be un-learnt, i.e., they are susceptible to change. One to one or small group sessions are effective for students who:

- Are labelled dyslexic, ADD, ADHD
- Require anger management intervention

- Experiencing emotional difficulties
- Are lacking in confidence and suffer low self-esteem
- Suffer from anxiety, depression or negative thoughts and emotions
- Are being bullied
- Experience examination nerves
- Have erroneous beliefs about themselves as capable learners
- Preparation for university, e.g. UCAS forms and personal statements, interviews, adjusting to change

**“Promoting a modern view
on work-life balance”**

One to one and group sessions for teachers

Employers are increasingly finding value in supporting staff well-being, promoting a modern view on work-life balance, improving staff-management relationships and reducing absenteeism due to stress and feelings of overwhelm. In addition, teachers in managerial and headship roles often feel isolated and benefit from Executive Coaching, freeing them from emotional baggage whilst spear-heading their career. We're qualified to trainer and Master Coach levels in NLP Coaching (this meets or exceeds all ICF standards), Time Line Therapy™ (a superb means of de-stressing and addressing emotional needs, limiting beliefs and doubts), as well as NLP. Some examples of our Coaching would include:

- Stress elimination and relaxation techniques
- Executive Coaching: maintain your excellence whilst achieving high level goals
- Career coaching: get to where you want to be in the classroom or in management

What will be the impact of the trainings?

- Engaged students
- Better results & higher levels of attainment
- Easier and more enjoyable teaching
- Opportunities to share with your colleagues some of the strategies you learn
- Reduced stress and more fun in the classroom
- Improved staff morale

Sample courses and packages

Contact us



“Clear and practical strategies”

1 day courses

Effective Teaching & Learning
Part 1

Effective Teaching & Learning
Part 2

5 day certified course (1 professional certificate)

NLP Practitioner in Education
training

8 day certified course (4 professional certificates)

NLP Practitioner Coach training
(includes how to Coach staff and
students; stress reduction
techniques; modern hypnosis
techniques)

Bespoke packages to meet the needs of your staff and students

Seminars, workshops, half day or full day trainings to meet your specific needs for small group training, ‘Aspiring Managers’ and INSET days.

For a current list of prices and training schedules, please see <http://www.traceycolenlp.com/home/training-courses/>

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About your trainer

Dr Tracey Cole started her working life as a research biochemist and lecturer in universities in the U.K., Switzerland and the U.S.A. After 14 years, she re-trained as a secondary school teacher and has spent the last 13 years working in high schools as a teacher of chemistry. A passion for teaching at any level and a drive to guide young minds to realise their potentials, no matter what their academic standing suggests, has always been at the heart of her philosophy. Having studied NLP and brought it into the classroom, as well as to private tutees, she was thrilled to see the rewards of using the unconscious mind to super charge learning and have her students gain excellent examination results. Tracey studied NLP at Practitioner and Master Practitioner level in Manchester and was delighted to be accepted onto the elite trainers' training programme run by the creators of NLP Coaching and Time Line Therapy™, Drs. Tad and Adriana James in the U.S.A. She graduated as one of the highest achieving students in the class, gaining a rare 100% in the gruelling, non-stop 7-hour written examination and having just one comment on her assessed practical demonstrations, "Perfect!" – all accomplished using NLP techniques, of course! Hers is an ABNLP accredited institute of NLP training.