



Bite Size Seminars for Schools

Informative : Educational : Learning : Engaging

Corporate Training . Coaching . Organizational Development . Personal Development . Self Enrichment

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LIST OF TOPICS FOR SCHOOL OR FAMILY BONDING TALKS

| (1) FOR PARENTS | | |
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| S/N | TITLE | DESCRIPTION |
| 1 | The Basic Love & Respect Workshop For Parents Of Teens [Suitable for parents with children of 10 years old to 19 years old] | <p>An empowering programme intended for parents who yearn to understand how to relate to their teens better and motivate them towards where they are driven to go to fulfil their purpose in life.</p> <p>This programme puts every issue of parenting out in the open and breaks down the steps of first understanding oneself in order to understand others.</p> <ul style="list-style-type: none">• Have you found yourself questioning why you cannot understand your teen or tween?• Are you aware of the root of why your teenager is the way he or she is?• Learn the fundamentals of understanding what mistakes you may have done and how to avoid them in the future• Learn the basic techniques of communicating better with each other• Common mistakes made by parents in communicating with their teenage child• Learn to unblock negative beliefs and issues that can cause negative ways of how you bring up your children |
| 2 | Effective Parenting (Suitable for parents of children in P1 to P6) | <p>Gone are the days when strict discipline could quell a naughty child. With the Internet and television, children are now smarter and cheekier. A new parenting style is needed for a new age. In this talk, we'll prepare you for common difficulties you can expect with your child. More importantly, we'll share strategies for effective parenting that strengthens the parent-child bond.</p> |
| 3 | Learning Anchors (Suitable for parents of children in P1 to P6) | <p>Every child has the potential for academic success. So why do some children lag behind while others excel? It's true that memory plays a role. But simply reproducing the facts doesn't guarantee a distinction. Learning Anchors make the difference in a child's performance. In our talk, we'll help you understand the difference between study habits and learning skills. We'll share approaches to training your children's learning and communication skills. With the ability to convey their thoughts coherently and convincingly, your children will excel in examinations.</p> |

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| 4 | Unlocking the Communication Code with your Child (Suitable for parents of children in P5 and P6) | <p>Studies suggest that 90 to 95% of communication fails. Parents' attitude can often be summed up as "I say, you do." But a paradigm shift is needed if we want to engage our children. The parent-child relationship needs to transform to one where children feel engaged and aligned with their parents' concerns. We'll consider the reasons why children don't relate to their parents and consequences this can have. You'll be introduced to our Collaborative Operating System, a strategy for reshaping communication with your children into one of mutual engagement and cooperation.</p> |
| 5 | How to Choose a Secondary School (Suitable for parents of children in P6) | <p>Choosing the right secondary school for your child is an extremely important process that will have a profound effect on their career path. During our talk, we will breakdown the process of choosing a secondary school in manageable portions. The workshop will create strategies for long term goals and visions for both you on your child. We will also address time management, exam skills, study and learning, how to properly research schools, and what are the important questions to ask to ensure that you have chosen the correct school for your child.</p> |

(2) FOR PARENTS AND TEACHERS: SELF-IMPROVEMENT

| S/N | TITLE | DESCRIPTION |
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| 1 | Changes for Adults Speaker: Murshidah Said. | There are five key elements that continually shape and restructure our lives: Family, Friends, Education, Goals, and Lifestyle. Learning to deal with Changes within any of these elements is essential to developing new skills and reaching your personal goals. With our Changes workshop, you will be given the techniques needed for productive lifelong learning, self-realization, changing your mindset, and how to set and reach personal goals. |
| 2 | Unlimited Power: Unlocking the Communication Code Speaker: Murshidah Said. | Whether you're at home, in the staffroom or in the classroom, communication is the key. In this talk, you'll learn how psychology affects interaction and how to use this to your advantage in the classroom! How do you get someone's attention? Appeal to their senses. Most people are primarily visual, auditory or kinesthetic communicators. We'll share tips on identifying someone's dominant communication mode from visual and verbal cues. You'll learn how to make presentations accessible to different types of communicators. |
| 3 | Critical Thinking for Adults Speaker: Wekie Tay | Feeling like you are stuck in a rut and not moving forward in your professional career? Maybe a talk in critical thinking might refresh your senses! Being a professional at work requires hard work. But being a good professional requires critical thinking. In this talk, you can think actively by learning to hear, evaluate, categorise and find relationships more effectively in your office! |
| 4 | Become a Successful Speaker Speaker: Jacky Lim / Wekie Tay | When someone mentions public speaking, the first ideas that pop into your head are nervousness and fear. How about shifting your focus and think about how you can influence and affect people's lives? Learn to throw away your insecurities and instill self-confidence with us! Let go of your fears and change other people's lives as well as yours! |
| 5 | Improving Your Memory | Many people have misconceptions about improving your memory. It does not mean your memory is failing. It merely means that you can learn to use your memory and strengthen it, eventually leading you to perform better at work! In our talk, we provide understanding of how our memory works and techniques for developing memory potential. More importantly, we have strategies that allow you to |

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| | | perform more efficiently in the office or at school! |
| 6 | Fundamentals of Success | Gain tips on how to be successful anywhere and everywhere! Getting to the top may be as easy as learning how to ride a bicycle. With our talk, you can learn to possess a positive mind set and set goals so that you can visualize and attain your success! Also, learn to not only face fear but conquer it! We are here to help so you don't have to do it alone! |
| 7 | "Eat that Frog" Time Management | As papers and deadlines start piling up, some people get overwhelmed and helpless unsure of where to start. Stress levels start rising causing imbalance in their lifestyle. You can learn to EAT THAT FROG with us! Acquire knowledge in prior planning to avoid poor performance and overcome procrastination. When you start from the beginning, and take a step at a time to complete your job, your life becomes more manageable! |
| 8 | Anger Management for Adults Speaker: Wekie Tay | Feeling angry all the time? Don't know how to curb the anger that is seeping through your pores? Nip the problem in the bud before you make any rash actions! Learn how to deal with the angry feelings and most importantly, how to prevent them. Also, understand that expressing anger may not always exist in the form of physical violence. With these tips, you can be on your way to a happier lifestyle! |
| 9 | 7 Habits of Highly Effective People | Discover the secrets of the seven habits of highly effective people and apply them to your everyday life. In this talk, you learn ideas about being proactive, to put first things first and to understand other people before receiving understanding from them. With these seven habits, you can align these principles to maintain an efficient and effective lifestyle! |

(3) FOR STUDENTS

| S/N | TITLE | DESCRIPTION |
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| 1 | Critical Thinking (Suitable for students in P4 to P6) | Cultivating good critical thinking habits is a lifelong skill that has applications in both academic and personal lives. Our workshops reveal the techniques on how to define and apply the different dynamics involved in critical thinking. Once these foundational techniques have been covered, we will explore how critical thinking can be developed through the skills of predicting, analysing, and synthesising. Ultimately, our workshops will maximise students' potential as critical thinkers. |
| 2 | 7 Habits of Highly Effective Pre-teens (Suitable for students in P5 to P6) | Being a pre-teen today is much more difficult than in years past because of all of the distractions and technology that pre-teens face at increasingly early ages. With video games, cellphones and Facebook, pre-teens are challenged with issues that did not affect past generations. In this workshop, we will provide the tools to guide your pre-teen through the maze of right and wrong choices they face every day. We will provide the tools for your pre-teen to respect others, be honest, think and act positively, enhance talents, to take care of themselves, have a win-win attitude, and to put first things first. |
| 3 | Become a Successful Speaker (Suitable for P5 to P6, especially school leaders) | To give a successful speech, students must be given the confidence and know-how to address the four core elements of conducting a successful speech. The four core elements of success will address the (1) Presentation (2) How to think positive (3) Preparation and (4) content. Our workshop will inspire students to become empowered speakers and overcome their fears of public-speaking! |

NOTE: School Principals, HODs, Subject Heads, Staff Training Officer, Human Resource Managers, Talent Managers, are welcome to request for a proposal from our Training Consultant.

Tell us which topic you are looking for and email us for a quote:
enquiry@adestralearning.com, or call tel no: +65-62431286.