



What is School-Coaching?

School-Coaching is individualized coaching to empower children, young adults and adults to find and apply their potential when struggling in a learning environment. School-Coaching enhances the willingness for independent study and builds self-confidence and discipline. School-Coaching leads to a more positive study attitude and increased wellbeing. Prior to working with a student, the parents and student meet to define what should be achieved during 4-8 sessions.

Students that would benefit from School-Coaching say the following:

- How do I study more efficiently and still effectively?
- Are there any helpful strategies to better remember what I learn?
- How do I organize my school material?
- How do I plan and balance study, personal and social time?
- I'm afraid of tests.
- I would like to get better grades.
- I hate homework.
- I don't like reading.
- I don't feel comfortable speaking in class.
- German is too difficult.
- How do I make friends at school?
- I can't get used to living in Switzerland.
- I miss my old school. I need new friends.
- I think the teacher and the class do not like me.

Visit my website (German) www.lern-bruecke.ch
Contact me mrs@lern-bruecke.ch
I work in German and English.

Mónica Reppas-Schmid

M.A. Intercultural Relations USA
Primar-und Oberstufenlehrerin CH
Interkulturelle Pädagogin und
Lerncoach

+41 (0)44 991 87 67
+41 (0)76 572 87 65
mrs@lern-bruecke.ch
www.lern-bruecke.ch