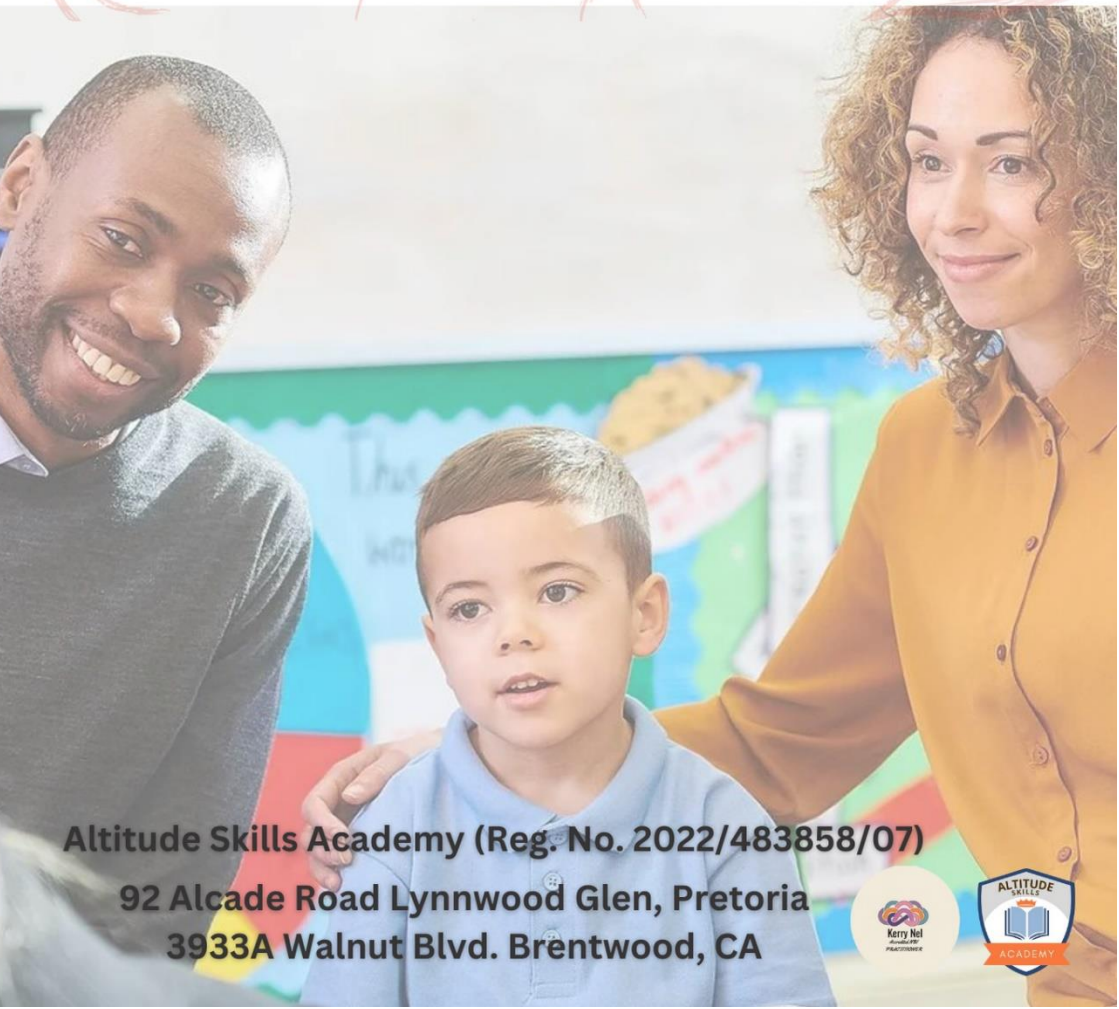


COGNITIVE PARENTING COACHING



Altitude Skills Academy (Reg. No. 2022/483858/07)

**92 Alcade Road Lynnwood Glen, Pretoria
3933A Walnut Blvd. Brentwood, CA**



Collaborative Support for Your Children's Outstanding Success

Dear Parents & Teachers

We are excited to introduce a comprehensive support system designed to enhance your child's outstanding academic performance, personal development, and lifelong well-being. Our collaboration brings together the expertise of ***Altitude-Skills Academy, IMSYSER Brain & Mental Wellness, and an NBI Psychometric Assessment Practitioner*** to provide a holistic approach for parents, teachers and students for outstanding success.

- » Parents and teachers are to discover their children's creativity, draw them out, and train the creativity with the potential to uncover critical thinking skills that can solve problems for sustainable development.
- » To succeed in any endeavor in life, there is the need for Brain-based creative parenting and teaching that is strategically planned and implemented.

Our Collaborative Approach

Altitude-Skills Academy: Parental Skills Empowerment

Altitude-Skills Academy is dedicated to developing essential skills such as Brain Profiling, Brain waves, and Mental wellness, Learning Styles Skills, Critical Thinking, Communication, Emotional Intelligence Skills, Parental Stress & Trauma Management, Parental Digital Literacy, Parents Remedy to Learning Difficulties, and resilience in students. Our programmes are designed to improve academic performance and foster a personal life-long growth.

We offer:

Brain Profiling and Learning Styles Discovery:

Tailored programs to help parents understand their children's unique brain wiring to learn with ease, develop sharp memory, think logically, enhance cognitive abilities to solve problems and have outstanding results.

Learning Styles Discovery:

Interactive sessions with parents to understand their children's best style of learning and concentration to strengthen the support system around students.

Brain Waves Examination Writing Skills:

An exceptional skill to help your children to activate their Brain Waves during examination writing and switch on their creative genius for excellent results.

Emotional Intelligence Skills:

An exceptional wide range of skills that help parents to develop and build their children's emotional well-being, self-esteem, trauma and stress management, and life-long soft skills for outstanding success.

Learning Difficulties & Trauma Remedy:

An interactive session with children and parents to help you discover your child's learning challenges such as memory loss – Dysgraphia, Dyslexia,

Dyscalculia – (high level of Mathematics anxieties), Attention Deficit Disorder (ADD), Attention Hyperactive Deficiency (ADHD), traumatised learners, Autism and Slow learners etc. Getting lifelong solutions to enhance your child’s outstanding academic success.

Parents’ Digital Literacy Skills:

The digital age is the Brain-Based age where parents need to be well informed about the benefits and dangers of social media and the high radiation of the 5G and Android mobile devices.

Parents’ Ultimate guide: YOUTUBE.

Parents’ Ultimate guide: INSTAGRAM.

Parents’ Ultimate guide: TIKTOK.

Parents’ Ultimate guide: GOOGLE SCHOLAR

Parents’ Ultimate guide: ARTIFICIAL INTELLIGENCE

Career Path Discovery:

Parents will have the opportunity to understand how to help their children to choose the right career path early in life.

IMSYSER Brain Hygiene, Mental & Trauma Wellness Benefits of a Healthy Gut on Learning

Understanding the gut-brain axis is crucial for enhancing excellent learning and mental health. Benefits of maintaining a healthy gut include:

- **Improved Memory and Concentration: Your GUT is your 2nd. Brain:**
- **Brain Food & Supplements for Enhanced Cognitive Function:** Probiotics can improve cognitive functions and reduce symptoms of anxiety and depression.
- **Brain Neurobic Exercise:** Neurobic brain exercise boosts better energy levels and helps your brain waves for optimal performance.
- **Mental Wellness - Improved Listening and Retention Skills:** Students can better assimilate, be mentally alert and retain information.
- **Reduced Classroom Distractions & Discomfort:** Fostering a conducive learning environment.

NBI Thinking Preferences Skills: Understanding Individual Thinking Styles

NBI [Neethling Brain Instruments] thinking preference skills help tailor learning strategies to each student's unique cognitive style. This personalized approach enhances excellent learning outcomes and personal development.

We offer:


- **Assessment Tools:** NBI provides psychometric assessments that help identify individuals' thinking preferences, such as analytical, practical or experimental thinking styles.
- **Customized Study Skills:** Based on assessment results, we will make recommendations to enhance excellent learning outcomes.
- **Personal Growth and Resilience:** Our programmes foster critical thinking, communication skills, and resilience, preparing your child for lifelong sustainable human development.

Brain Hygiene, Mental & Trauma Wellness, Thinking Preference Skills and Learning Difficulties Remedy for Parents and Teachers

We invite you to join us in this collaborative effort to support your child's journey to outstanding success. Together, we can provide the tools, strategies, and support needed to help your child thrive academically and personally.

Department of Education projects in SA

- 2015 - NC Department of Education places **6 schools** with us for better NSC results
- 2016 – NC Department of Education places **8 schools** with us for better NSC results



More projects for Department of Education in SA

- Since 2014 we have been asked to participate in the annual **NC provincial winter schools** to boost the **academic prowess** of learners through **EI skills transfer**



Evidence of success

In 2013 our first 100% pass rate was achieved for a High School in remote rural areas, namely Calvinia High School where 11 grade 12 learners were assisted with BRAIN-BASED Learning Skills with Emotional Intelligence interventions before the NSC (National Senior Certificate) exams.



🕒 Time: 9:00am to 3:00pm

👤 Participants: Grade 3-12 Parents

👥 Number of participants: 100 maximum

For more information or to enrol in our programs, please contact us at:
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Certified NBI Psychometric Practitioner

Certified Cognitive Parenting Coach

Certified Brain-Based Learning Skills Practitioner

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CEO: Altitude Skills Academy

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Certified Cognitive Parenting Coach

Certified Career Profiling Coach

Certified Teachers' Digital Upskilling

Certified Brain-Based Learning Skills Practitioner

Altitude Skills Academy (Reg. No. 2022/483893/07)

Dianne Nettling

CEO: Imsyser Health Holdings

Certified Gut-Health Practitioner

Imsyser Health Pty Ltd (Reg. No. 2016/205955/07)

www.imsyser.co.za



Sonia Squires

Industrial Psychologist, Career and Ability Identity Consultant.

Sonia Squires has delivered the following projects in the three Cape provinces in South Africa. (North, East, West) and Gauteng 1. Loeriesfontein High School Ability Identity program for grades 8-12, assisting youth with neuroscience-based knowledge to build their Intelligent Quotient through creative skills, reflecting their worth and potentials through upmarket class renovations and state-of-the-art materials for sustainable human development and best performance.