



NEUROHEART
EDUCATION
FOUNDATION

ABOUT NEURO HEART EDUCATION

It is the vision of an education that stimulates total coherence between the brain and the heart. Today's children are different, the old systems and ways of teaching do not work like they used to. Adults who learn have changed too; many distractions, too much work, not enough time to dedicate to learning. We all want to learn faster and without stress.

NeuroHeart Education sees a world where educators transform learning with a brain-friendly educational approach that implements neuroscience and professional coaching and helps students and learners. At the same time, it helps schools, institutions and colleges to offer more optimized and effective learning. This mode or way of teaching resonates greatly with today's students, adapting to them and honoring the person holistically.

In our vision, these educational institutions and organizations are providing an educational program adjusted and closer to the needs of today's world.

Our vision is to equip educators with the tools necessary to deliver their teaching in a more sensitised manner creating a new style of educating > NeuroHeart Education.

OUR GOAL

To bridge the gap between the latest scientific advances, emotional intelligence, the latest approaches and disciplines and their implementation around the world, bringing teachers the necessary soft skills and sensitization to the learners of today.



I cannot teach anybody anything; I can only make them think.

- Socrates -

PILLARS OF COURSES

Our courses are divided into three pillars

01

Enhancing the way we teach
(courses for teachers)

02

Teacher wellbeing
(courses for teachers)

03

Student wellbeing
(courses for students)



PILLAR 1

Enhancing teaching

(courses for teachers)

MODULES

01

Neuroheart educational coaching

02

Positive Education

03

Neuroscience in the classroom

04

Superstar System – teachers implementing emotional intelligence to help children

05

How to help Dyslexic learners

Neuroheart educational coaching

This course is accredited by the ICF (International Coach Federation) with 30 Continuing Coaching Education (CCE) hours, plus 6 hours of Resource Development. The course has a very well-balanced ratio of theory and practice with a high degree of active coaching, so you instantly come into practical coaching and “learning by doing”.

Positive Education

This course will suggest the main reasons for using PosEd in a school environment and some practical tasks on implementing the strengths of Humanity, Wisdom and Knowledge in any classroom. Based on specific theories on why these particular strengths could help school environments towards a more positive learning path, sufficient justification will be provided.

Neuroscience in the classroom

Taught by Dr. Judy Willis, a board-certified neurologist combined her 15 years as a practicing neurologist with ten subsequent years as a classroom teacher to become a leading authority in the neuroscience of learning. The course features Obtaining and Sustaining the Brain’s Attentive Focus, How Emotion Impacts the Brain’s Learning & What to Do About It and more.

Superstar System – teachers implementing emotional intelligence to help children

A creative and enjoyable way to support children aged 5-8 years to be their best and shine bright! The SUPERSTAR SYSTEM focuses on 5 key areas, just like the points on a star, providing practical tools and techniques to help children to self soothe, be strong, support each other, feel positive and bright and realise how special they are.

How to help Dyslexic learners

10-15% of the population has Dyslexia, which has a major effect on their education. If not properly addressed, dyslexic students are more likely to drop out of school and never finish their education. As teachers we need to provide the best learning opportunities for our students, including those with dyslexia, and this course will assist teachers to do this.

PILLAR 2

Teacher Wellbeing

(courses for teachers)

MODULES

01

Wellbeing, Stress relief and mindfulness for teachers

02

Refilling your tank – how to recover energy

03

Teambuilding – Team coaching for the classroom/staff

04

Heartmath – understanding heart coherence

05

Coaching and mentoring for individual or groups of teachers

Wellbeing, Stress Relief and mindfulness for teachers

This is an online course of 6 hours – 6 x 1 hour sessions or 3 x 2 hours and comprises some theory and practise regarding wellbeing, life balance, stress management and mindfulness. (This could also be a one day face to face workshop).

Refilling your tank – how to recover energy

This practical and reflective course aims to help tired teachers identify, secure and replenish their personal resources so they can approach their professional and personal lives with renewed hope, energy and determination!

Teambuilding/Team Coaching in the classroom and staffroom

Being part of a team always depends on the individual team members making the team “work”. It is about all the members pulling their weight, being personally accountable, having a positive attitude and keeping up individual standards. This course comprises of 8 hours - 4 x 2 hours sessions either online or face to face.

Heartmath - understanding heart coherence

“Creating resilience form the Heart” (Heartmath Institute). This Creating Personal Resilience™ program is designed to provide effective tools, techniques and knowledge to improve personal and professional results in life’s daily challenges. It is a training program that consists of group sessions in online format, in which you will learn techniques that will help you unlock your greatest potentials.

Coaching and mentoring for individual or group of teachers

We offer individual coaching and mentoring sessions for teachers and educators to sound-board, brainstorm and troubleshoot. Teaching and schooling may bring personal challenges to teachers and sometimes having a coach as a neutral sounding board helps to talk things through to reach insights and solutions

PILLAR 3

Student Wellbeing

(courses for students)



M O D U L E S

01

Emotional management for children

02

Motivation Talks

03

How to be an entrepreneur

Emotional management for children

In this emotional well-being support program, we will provide and teach emotional management and transformation of challenges and difficulties that children need to face in their daily lives, with acceptance and without judging what happens. At the same time we will accompany them in raising awareness of gratitude and kindness, promoting compassion, connection and kindness towards oneself and others. We work with learners to help them in situations of tension, suffering, anguish and/or stress, to live with more calm and inner peace and have the ability to act skillfully, thanks to different emotional management techniques: Mindfulness, Emotional Intelligence, Educational Kinesiology and Chi Kung.

Motivational Talks

We offer motivational talks for learners. This can be orientated towards how the brain likes to learn and how to make learning more effective or to motivation, vision and passion. We can orientate the talks to troubleshoot student issues or to bring hope and curiosity to learners.


How to be an entrepreneur

Course Title: Youth Entrepreneurship: Where Big Ideas Start Young™
Teenpreneurs, unite! Join us for a transformative 10-week bootcamp with Dr. Joe Rios where you will explore global connections, unleash your creativity, and turn big ideas into reality



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