

CogniEnhance

COUNSELLORS COACHING PROGRAMME





COGNIHANCE COACHING PROGRAMME

**A structured approach to understanding and stabilising thinking
behind behaviour and learning**

You are supporting the child... but the same patterns keep returning

As a counsellor, you see beyond surface behaviour.

You recognise when a child is:

- overwhelmed
- avoidant
- inconsistent
- frustrated

You work to support:

- emotional regulation
- confidence
- coping strategies

And yet, in many cases:

- the same breakdowns repeat during tasks

- progress does not fully transfer into the classroom
 - behaviour improves in sessions but not under pressure
 - the child still struggles when demands increase
-

This is the gap most interventions do not address

Many approaches focus on:

- emotional support
- behavioural strategies
- skill development

But they do not always address what is happening:

inside the child's thinking system while they are under cognitive demand

When a task becomes more complex or demanding:

- attention becomes unstable
- information is not held effectively
- control over responses weakens

This often leads to:

- avoidance
- impulsive behaviour
- shutdown
- frustration

Behaviour, in this context, is not the problem.

It is a signal that:

the child's thinking has come under strain

Why this matters in counselling

Without addressing the thinking system:

- behavioural strategies may not hold under pressure
- emotional regulation breaks down during tasks
- the child remains dependent on support
- progress becomes context-specific rather than transferable

The child may cope in low-demand situations, but struggle when expectations increase.

What CogniEnhance adds to your work

CogniEnhance provides a structured way to:

identify, interpret, and respond to breakdown in thinking as it happens

It equips you to work at the point where:

- thinking becomes unstable
 - behaviour begins to shift
 - intervention can still restore control
-

What it means to use CogniEnhance as a counsellor

You develop the ability to:

- recognise early cognitive strain before behavioural escalation
- interpret behaviour as evidence of underlying cognitive processes
- intervene at the point where thinking begins to change
- restore stability without removing responsibility from the child

This allows you to work not only on:

- emotional understanding

but also on:

how the child manages thinking under pressure

What this looks like in practice

When a child becomes avoidant

You identify whether thinking has become overloaded
and support them to re-engage with structure

When a child rushes or guesses

You recognise a breakdown in control
and help them regulate their response process

When a child says "I don't know"

You do not accept the response at face value
You guide them to reconstruct their thinking

When a child loses track or becomes disorganised

You identify a breakdown in working memory
and help rebuild the sequence

How this strengthens your intervention

You are able to:

- intervene before behaviour escalates

- link emotional responses to cognitive strain
- build awareness of thinking in real time
- support more stable functioning under demand

This creates a stronger connection between:

- cognitive processes
 - emotional regulation
 - behavioural outcomes
-

The impact on the child

Over time, the child becomes more able to:

- recognise when they are becoming overwhelmed
 - maintain control for longer periods
 - recover more effectively from difficulty
 - approach tasks with greater confidence
 - function more consistently across environments
-

What happens if this layer is not addressed

If cognitive stability is not strengthened:

- behaviour remains reactive under pressure
 - coping strategies are not sustained
 - the child continues to rely on external regulation
 - progress does not transfer into real-world demands
-

What the programme offers

Over 12 weeks, you are trained in a structured system that integrates with your existing practice.

You will learn how to:

- detect early signs of cognitive strain
- stabilise attention, working memory, and control
- support regulated responding under pressure
- develop awareness and self-monitoring
- help the child manage increasing cognitive demand
- support transfer across contexts

The focus is always on:

what is happening in the moment and how to respond effectively

How this fits into counselling practice

CogniEnhance does not replace your current approach.

It strengthens it by giving you:

- a clearer framework for interpreting behaviour
 - a practical method for real-time intervention
 - a way to connect thinking, behaviour, and emotion
-

Who this is for

Counsellors, psychologists, and support practitioners who:

- work with children experiencing learning or behavioural difficulties
 - want a deeper understanding of cognitive breakdown
 - are looking for practical, in-the-moment intervention tools
 - want progress to transfer beyond sessions
-

The outcome

You are able to:

- understand behaviour as a reflection of thinking under demand
 - intervene earlier and more precisely
 - support more stable and independent functioning
-

In simple terms

CogniEnhance helps you identify when a child's thinking is breaking down and gives you a clear way to restore control before that breakdown turns into behaviour.

Start your CogniEnhance training

Add a structured cognitive layer to your practice.

Support not only how children feel, but how they think under pressure.