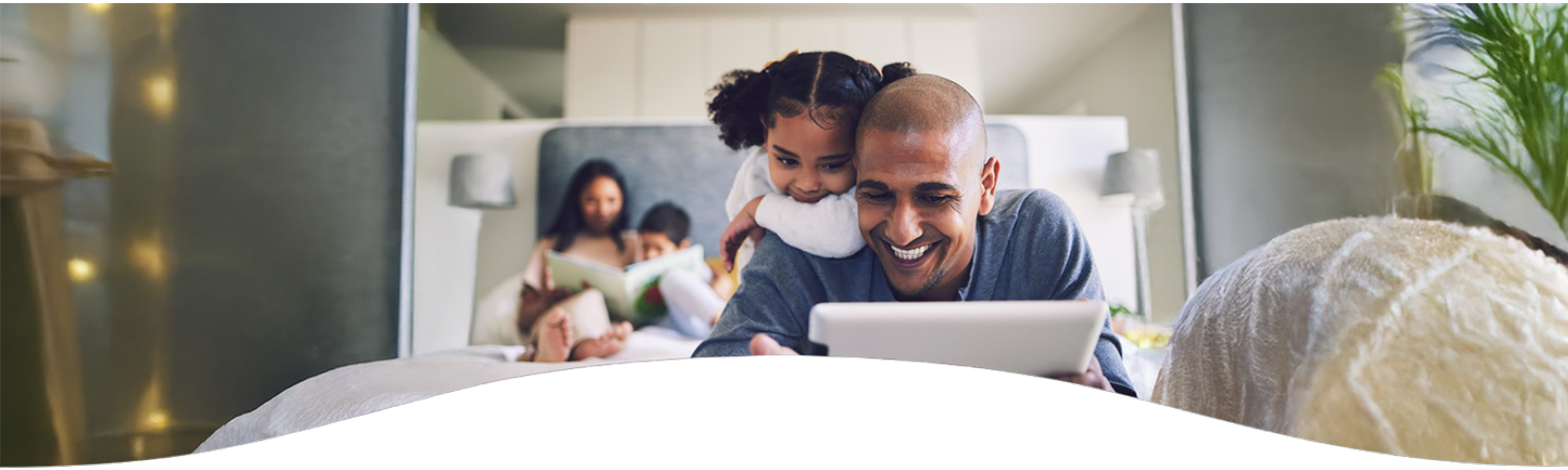


CogniEnhance

PARENTS COACHING PROGRAMME





COGNIEHANCE COACHING PROGRAMME

A practical system to help your child think more clearly, stay in control, and become independent

You know your child can do it... so why do they get stuck?

You've seen it before:

- Your child understands something one day, then struggles with it the next
- Homework turns into frustration or avoidance
- Instructions need to be repeated more than once
- Careless mistakes keep happening
- They say "I don't know" when you know they actually do

So you try to help:

- you explain again
- you break it down
- you sit with them

But it often ends the same way.

This is what makes it difficult for parents

It does not feel like a simple learning problem.

Because:

- your child *can* do the work
- they *have* shown understanding
- they often get the answer right with support

But when they are on their own:

their thinking falls apart under pressure

What is actually going on

The issue is not just what your child knows.

It is how their thinking is working while they are doing the task.

When a task requires:

- more focus
- more steps
- more control

their thinking can become unstable.

This shows up as:

- losing track halfway through
 - rushing and making mistakes
 - guessing instead of thinking
 - giving up too quickly
-

Why this leads to frustration at home

Without a clear way to help, parents often end up:

- stepping in too quickly
- giving answers just to get through the task
- repeating instructions without change
- feeling frustrated when the same problems return

Over time:

- your child becomes more dependent on help
- confidence drops
- homework becomes stressful

What CogniEnhance does differently

CogniEnhance gives you a clear way to support your child when they get stuck.

It shows you:

what is happening in their thinking and what to do in that exact moment

Not after the mistake.

Not once the task is finished.

Right when your child starts to struggle.

What you learn as a CogniEnhance parent or coach

You learn how to:

- recognise early signs that your child's thinking is starting to slip
- understand why they are getting stuck
- respond in a way that helps them regain control
- step back so they continue independently

Instead of fixing the work for them, you help them fix how they are thinking.

What this looks like at home

When your child pauses or gets stuck
You do not jump in with the answer
You help them reconnect with their thinking

When they rush and make mistakes
You do not just say "slow down"
You help them control how they respond

When they forget instructions
You do not repeat everything
You help them hold and organise the steps

When they say "I don't know"
You do not move on
You guide them to work through their thinking

What you will start to see in your child

As their thinking becomes more stable:

- they stay focused for longer
- they complete tasks more fully
- they make fewer careless mistakes
- they recover more easily when they get stuck
- they rely less on you

Most importantly, they begin to feel more confident in their ability to manage challenges.

What happens if this is not addressed

If thinking is not strengthened:

- the same struggles repeat over time
- your child becomes more dependent on support
- frustration increases
- confidence continues to drop

Even when understanding is there, performance remains inconsistent.

What the programme offers

Over 12 weeks, you are guided through a practical system that you can use in everyday situations.

You will learn how to:

- support attention and focus
- help your child hold and follow instructions
- manage rushing and impulsive responses
- build problem-solving and reasoning
- develop awareness and self-correction

- support independence across school and home

Everything is designed to be applied:

- during homework
 - during daily routines
 - in real conversations and situations
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This is not about doing more

You are not expected to:

- become a teacher
- add more work
- spend more time on homework

You are learning:

how to respond differently in the moments that already happen every day

Who this is for

Parents who:

- know their child is capable but inconsistent
 - feel frustrated by repeated struggles
 - want to support without creating dependence
 - want their child to become more confident and independent
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The outcome

Your child becomes someone who:

- can manage their thinking when tasks become difficult
 - does not give up or rush through work
 - can recognise when they are stuck and recover
 - becomes more independent over time
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In simple terms

CogniEnhance helps your child stay in control of their thinking when things get difficult, so they can learn, perform, and cope more effectively.

Start your CogniEnhance journey

Support your child in a way that builds real independence.
Not just better results today, but stronger thinking for the future.