

CoachMe Weekly

"THE QUICKEST WAY TO DO MANY THINGS IS TO DO ONE THING AT A TIME"

Our brains are wired to focus on one thing at a time.

Yet the distractions, complexities and competing desires of life can leave us feeling pulled in many different directions at once, and **we end up multi-tasking.**

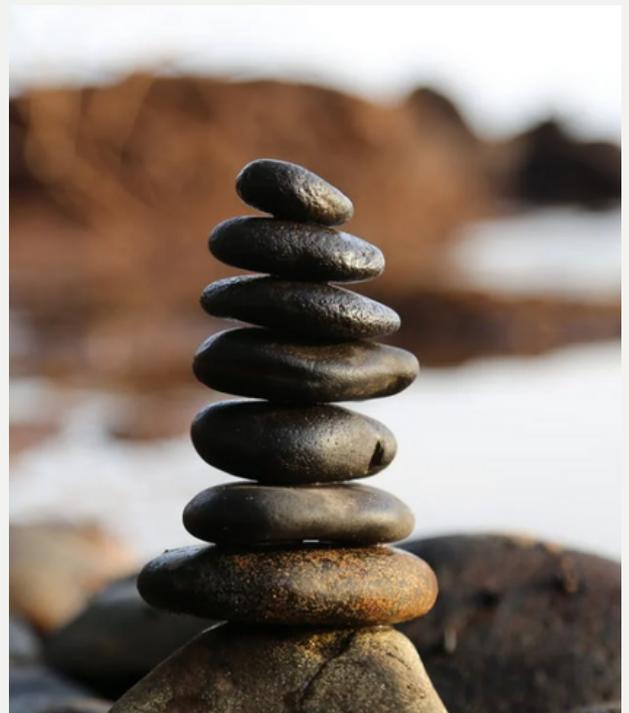
This could look like studying while texting a friend or writing an essay while also trying to get a piece of homework done.

Focusing is a skill - and like all skills, the more you practice the better you get at it. The better you get at focusing, the less you're distracted and the more easily and quickly you accomplish tasks and learn. A wonderful positive feedback loop - **all it takes is a little know-how to get started.**



WHAT'S IN THIS WEEK'S ISSUE:

- How to get focused and boost productivity
- *CoachMe* - doors now open!



HELP YOUR CHILD GET FOCUSED AND BOOST THEIR PRODUCTIVITY

1. Keep a clean study space
2. Make a plan!
3. Get into the Alpha State

3 tips to get focused

KEEP A CLEAN STUDY SPACE

- It's not only a cluttered brain that gets in the way of focus and productivity - it's also a cluttered workspace. Having a clean, tidy and distraction-free workspace is **key to creating an environment for engaged learning**.
- Empower your child to take responsibility for their study space by asking questions such as:
 - How well are you able to focus in your study space?
 - Do you have enough clear space on your desk?
 - Do you have all your essential study tools within an arm's reach?



MAKE A PLAN!

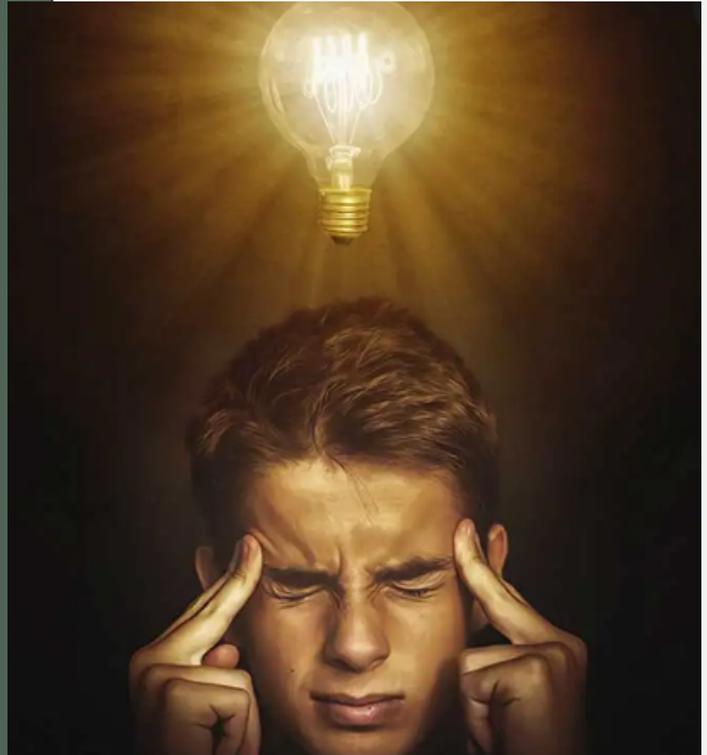
- If you fail to plan, you plan to fail.
- Encourage your child to study intentionally by getting clear on the **one thing they want to achieve** in each study session - having one clear goal makes it easier to put distractions on hold.
- Your child can mentally prepare for studying by **allocating specific study times in their calendar**. This could look like:
 - Monday (5-6pm): Complete 10 Maths homework questions.
 - Tuesday (5-7pm): Read and take notes on chapter 8 of *Catcher in the Rye*



FIND OUT MORE: www.evolutionarytutors.com.au/coachme

GET INTO THE ALPHA STATE

- Research shows how our brainwaves impact our level of focus and productivity.
- Productivity is highest when our brains are in the Alpha state (8-12Hz). This is a calm yet alert brainwave also known as **the flow state**, and allows access to greater memory, learning, imagination and concentration.
- A 10 year McKinsey and Co. study on flow and productivity found top executives were **5 times more productive** when in a flow state.
- Your child can tap into Alpha states by:
 - Listening to Alpha Wave binaural beats while they study - available on Spotify and Youtube.
 - Taking a few conscious breaths before starting a task.



CoachMe - Doors now open

We cover key **content like this and much more** in our student coaching program, **CoachMe**.

With a **private 1:1 coach and accountability check-ins**, your child is equipped with the tools to create sustainable change and move towards their goals with confidence.

If you're interested, you can find more information on our website here:

www.evolutionarytutors.com.au/coachme

Book a **free call** with us to find out how we can help your child **step into their potential**.

With **CoachMe**, students are supported with:

- A dedicated 1-on-1 coach
- Tailored study plan / HSC readiness plan (for year 12 students)
- 1-on-1 coaching sessions
- Accountability check-ins during the week
- On-call support 24/7

Limited spots are now open!