FOR SCHOOLS & FAMILIES

Aha Study Coaching

Online one to one study coaching
for international secondary students
Outside school hours

Help with managing learning independently

For academically capable students who struggle with organisation, workload or getting started. Aha is an additional support option for students who need help managing being a student, while building more independent learning habits.

Who: IB Diploma Programme, IB Career-related Programme, MYP and other international secondary students where the support is a good fit.

When might Aha help?

- Competing deadlines or an overwhelming workload
- Organisation, prioritising and planning
- Procrastination or difficulty getting started
- Revision and using study time effectively
- Following through on plans and building independence

How coaching works

We use the student's own schoolwork, deadlines and challenges from their real week.

Together, we identify what is getting in the way, choose one useful priority and practise strategies.

The aim is to build systems the student can use independently over time, alongside support with current demands.



Who is Siân?

Siân is a current international school teacher, Head of Science, experienced IB educator and certified coach. She understands the demands students manage every day. Her coaching is warm, practical and tailored to the student.

Parent feedback

"We do value the support you provide for her executive functioning."

How referrals work

1. Share Aha with the family
2. The parent contacts Siân
3. A short conversation about the difficulties
4. Agree a next step if Aha is a good fit

There is no obligation to continue into paid coaching after an initial conversation.

What Aha is not: Therapy, counselling, diagnostic support or subject tutoring. Coaching sits alongside school support and teaching. Students remain responsible for their own academic work.

Contact Siân for an initial conversation

We'll discuss what the student is finding difficult and whether Aha could help.

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