

ACE Recall Study Performance Coaching: 01727 823543

Exceptional one to one coaching in learning skills tailored for improved individual performance.

Effective now and for life, with **ACE Recall Study Performance Coaching** you will enjoy:

1. **Powerful study, learning and exam revision techniques:** exploiting all we know about how our minds work best, individually applied in the most productive, efficient and effective way for each student.
2. **The best practical study and memory improvement skills:** immediately effective at school GCSE / A-Level, and designed to last throughout University and into the student's chosen career or profession.
3. **A highly dedicated Performance Coach:** with 17 years' expertise and experience in helping students get where they want to be in less time. Adrian is not only totally committed to students continuously improving, but in their evidencing - and witnessing - these improvements in every session.

Individually tailored coaching in proven **ACE Recall** learning and memory techniques **radically improves:**

1. **PRODUCTIVITY:** ACE Recall *reduces* the time it takes to study - freeing up *more time* to improve the quality of your work time, study outputs and end results; plus do more of what you want to be doing.
2. **TECHNIQUE:** ACE Recall provides a single, comprehensive learning approach tailored to your needs, to tackle and overcome any study-related problem now and in the future. It is truly *technique for life*.
3. **SELF-CONFIDENCE:** Knowing you've the skills to exploit your own personal learning technique and find rapid solutions to problems instils a new belief in your own abilities. Confidence and self-esteem soars.
4. **MOTIVATION, ATTENTION and CONCENTRATION:** With greater confidence comes the capacity to focus on only what you *most want to achieve*. And the ability to know every time - exactly how to get there.
5. **THINKING, CREATIVITY and PROBLEM-SOLVING:** ACE Recall adapts to any new learning situation. From making meaningful notes, managing time and solving problems, to how to plan, structure and organise all you do (e.g. prioritising workloads, writing essays...). Only, you will do this BETTER. And FASTER.
6. **MEMORY!** ACE Recall was originally designed as a fast and effective way to help undergraduates at university retain any kind of new knowledge. And recall it rapidly *under pressure* in exams.

Adrian's unique one-to-one coaching and support is therefore perfect for...

7. **EXAM REVISION!** You know exactly how to revise, what to do and when to do it – FAST!
8. **EXAM PERFORMANCE!** On entering the Exam Hall you know exactly how to get the grades you want.

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I only wish we had found out about Adrian sooner as my son would have benefitted from Adrian's coaching at a younger age especially through his GCSE and A Levels. Sarah-Jane Collins, Sept 2016

The best thing about Adrian's coaching is he has taken the stress out of my daughter's A Levels. She now sees that the mountain is climbable. I highly recommend Adrian. Mrs K James, St Albans, April 2016

Best about Adrian is that he analyses my child's individual needs and targets techniques to strengthen both weaknesses and areas of strength. I strongly recommend him. His expertise offers an invaluable alternative to more traditional study support services such as single-subject tutoring. Mr Okusanya, November 2016.

Adrian offers a safe, supportive coaching environment. As parents we could freely discuss concerns at any time. We're delighted with our son's coaching. I highly recommend Adrian. Mrs Dineva, Luton, February 2016

The personal guidance, tips and techniques are excellent. I have learned very useful skills and such valuable lessons when it comes to exams so I remember 100% each time. Ashleigh J, 17 - St Albans.

I have improved my memory recall massively. I particularly like the relaxed atmosphere and how quickly and easily I understand concepts and remember things using ACE Recall. Rowan, 13

My coaching with Adrian has made me more organised, efficient and effective in my studies. I can now manage my time for homework and revision. It has taught me how to benefit from paying attention to make things easier for me, not only now but in the future. And for that I am very grateful. Mayokun, Year 11

Adrian's techniques take you to an even higher level. I am now able to confidently and rapidly memorise volumes of information - without any stress at all. Nothing more needs to be said about this. It is just PURE GENIUS. Final Year Undergraduate, Southampton University, September 2016

Adrian has a great knack for listening, asking the right questions to get to the root of an issue. Adrian will clear the path for you to get where you want to be. Dave McBain, Software Training Manager

Adrian helped me to pass my 3rd year exams. I highly recommend Adrian as a coach for improving your study skills and your overall academic performance. Rob, Degree Student, St Albans, August 2016

Adrian's understanding for how we learn sets him apart. His techniques have immediate effect. At University I came away with a First. I continue to use Adrian's strategies to help me on a daily basis. Former student, Dr Keiron Pollitt, Chartered Educational Psychologist

I definitely feel that I would not be in the position that I am at now were it not for Adrian. Tom Curragh, former student. Now BSc, MA International Studies, Qualified Accountant