

# With **ACE Recall** and 1 to 1 Study Performance Coaching:

## What are the unique benefits?



© **ACE Recall** Study Performance Coaching

## 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 20 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 coaching 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.

## **What do PARENTS and STUDENTS SAY about coaching with Adrian?**

My son found the coaching very useful in helping him with revision techniques, organisational methods and effective recall. Adrian is personable and enthusiastic; the sessions are very well structured in order for students to gain maximum benefit.

**Adam Bellamy, July 2019**

My son found it difficult to focus on studying for his GCSEs. ACE Recall is highly recommended if you want to explore new, different approaches to learning strategies. Adrian always gave positive feedback at each session, is easy to talk to and always gave his undivided attention. Adrian's service is first class, I can't fault it. **Jenny Smart, Year 11 Parent, May 2018**

Adrian's coaching gave focus and confidence to my daughter who, without it would have been daunted going into her GCSEs. Weekly sessions have really helped her prepare and understand what she needs to do. Adrian's coaching is a great alternative to standard tutoring as it provides all round support and guidance, and gives the confidence to cope with exams.

**Year 11 Parent, Harpenden, May 2018**

My son's confidence in his own abilities has flourished with Adrian's help, enthusiasm and encouragement. This has been helped by Adrian's keen interest in his studies and him as an individual. Coaching has surpassed my expectations.

**Ruth, Harpenden, Year 11 Mum, June 2018**

Coaching is very good for gaining new study skills and helping me to concentrate on my main study goals. I think organising my revision and the different topics was very valuable. Learning ACE Recall was really useful. It helped me study better, remember my revision as it is quicker than writing notes, and helps my learning and preparation for exams.

**Rosie, Year 11, May 2018**

Our son has been very enthusiastic about all he has learned with Adrian. He has had a very positive experience, learnt a lot about time management, planning and is more confident about how to approach the demands of school learning. We intend to come back to Adrian as GCSEs get nearer so our son can build on the skills already learned and be as prepared as he can be for exam success. **Mrs Davis, Year 9 Mum**

I was very satisfied with the quality of coaching guidance and learning delivered, and how Adrian's coaching style matched my son's needs. Adrian was approachable, took an interest in the progress of my son, and was happy to discuss any issues I raised. I would recommend ACE Recall to other parents. **Mr P Harpenden, June 2019**

Coaching helped me with more creative ways to revise and recall. When I read now I feel like I understand things more. I feel like I have learned everything and recalled it and this has boosted my exam technique. **Charlie, Year 11, May 2018**

I liked 1 to 1 coaching because it meant that all the focus was on my learning. Adrian helped me to manage my time better, showed me how to use different reading styles and methods to help me perform in my exams. Since my coaching I am especially better and faster at revising with active learning techniques which allows me to efficiently and thoroughly revise. **Alex (13) Harpenden, 2019**

Coaching helped me to be more involved with revising regularly... I have definitely become a much more efficient and active learner. Coaching gave me ways I had never seen before. **Taylor Smart, Year 11, 2018**

The most helpful part of Adrian's coaching was learning a way to be able to recall all of a revision topic. I really liked it when I had the session where I learned the ACE steps because it felt good to recall 100% of something I didn't even know about before. **L. Jones, 15, St Albans, May 2017**

My son has issues with both processing and memory. He has now established a more effective way to revise, is more aware of time management and constructive ways to revise and recall. Adrian's coaching has given my son a framework for his work which is super. **Karen W, Y11 parent, April 2017**

I discovered lots of informative things such as understanding how my brain and memory work when revising and knowing what to do before an exam. I know there is a way for me to break something down if I need to memorise it. I found the exercises interesting and fun. I have now perfected my exam technique. **Mia (15), Queenswood School, April 2017**

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, Feb 2016**

## **ACE Recall Study Performance Coaching: 01727 823543**

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, now and in the future. And for that I am very grateful. **Mayokun, Year 11, February 2017**

We wanted our teenage son to 'learn how to learn', be organised, self-motivated, confident in his own ability to learn and cope with performing under pressure. Adrian's personalised coaching techniques are coached with unwavering support. I am truly grateful to Adrian. **Enza Bascetta, Bedford, February 2017**

My coaching has helped a lot with the way I study as I now learn things at a faster rate. My retrieval of information is now increased. My revision is faster and I have far greater understanding. Other students can benefit as it will increase their memory performance, get them organised and less stressed for their exams. **Devak, Year 11**

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**

Most valuable was recognising how quickly information we learn deteriorates. The best part was learning new revision methods. I can now plan my revision and manage my time. Revision is quicker and I am faster at producing work such as writing answers to essay questions. **LV (15), Year 11**

Coaching has really helped me to focus on what I need to learn for my exams. The personal guidance, tips and techniques are excellent. I have learned very useful skills so I remember 100% each time and such valuable lessons when it comes to exams. **Ashleigh J, 17, St Albans – now in her 2<sup>nd</sup> year at University**

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, Nov 2016.**

Adrian was always encouraging and helpful, providing me with support and ideas. I always found memorising facts to be difficult. Using technique has enabled me to improve this quickly. This was the most important part of coaching for me. Attending these sessions also allowed me to feel more confident in managing my time and reduced my anxieties about revision. **AC, Year 13, May 2017 – now in her 2<sup>nd</sup> year at University**

The study performance coaching is incredible. If you're the type of parent who wants your child to grow and improve, become effective, and is willing to trust someone to support your child, I highly recommend ACE Recall Study Performance Coaching. **Harvinder, Essex, Jan 2017**

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**

I chose Adrian to be my 17 year old son's coach because he was recommended to me. Best was his kind, positive, reassuring manner. I felt it important for me to step back and allow my son his own dialogue with Adrian. I am delighted with my son's coaching. I highly recommend Adrian as a coach. **Hemel Y13 parent**

Best about Adrian as a coach is that my daughter has felt very comfortable and much encouraged by the coaching. To learn large amounts of facts has always been extremely difficult for her. Now she can do it with amazing recall and confidence. I have never seen anything that could achieve that previously for her. My daughter now has her place at University. **Amanda Freeland, Harpenden, August 2017**

I only wish we had found out about Adrian sooner as my son (now in University) would have benefitted from coaching at a younger age, especially doing his GCSE and A Levels. **Sarah-Jane Collins, Sept 2016**

Adrian's techniques take you to an even higher level. ACE Recall has made me able to confidently learn and memorise faster without any stress. It is pure genius. **Undergraduate Southampton Uni Years 2&3 Award 1st Class Degree - summer 2017**

I came to Adrian when I was considering leaving my BSc course. I achieved a 1st class degree with the highest mark in my year. Now I have my PhD and continue to use Adrian's strategies on a daily basis. **Dr Keiron Pollitt, Educational Psychologist**