

IK&ZO

5-Session Program to Boost Self-confidence and Improve Learning

When it comes to personal and academic success, nothing is more important and influential than a person's good self-esteem and belief in oneself. Believing in yourself leads to good self-esteem. Students with good self-esteem and who believe in themselves are healthier, happier, and perform better in school.

But not everyone has good self-esteem or self-confidence. Some students have negative self-talk and low self-esteem. This unconscious, negative mindset causes children to fear exams, creates an unhealthy or inaccurate negative self-image, can cause perfectionism, and can hinder and obstruct performance for fear of failure. These negative thoughts and feelings lead to underperformance at school and may cause anxiety. Negative self-talk and low self-esteem also stands as an obstacle to enjoyable learning.

At IK&ZO, students learn how to increase self-confidence to not only improve academic success but also for positive personal development. Students learn how to turn their negative self-talk into positive, constructive, and helpful thoughts. Students learn how to believe in themselves.

How is IK&ZO Different?

Students come once a week for 5-6 weeks for intensive, personal guidance.

IK&ZO is personalized and individualized. These are not group classes, but individual sessions between your child and a qualified psychologist/educator. The coach learns the unique story of your child tailors the program specially to address your child's specific needs. At the end of the process, there will be a session with parent(s), child, and coach.

Is IK&ZO Right for My Child?

IK&ZO is suitable for primary school students, from appx. 8 years old who:

- Tend to Develop a fear of failure and/or fear of exams; and/or
- Underperform structurally.

What Can I Expect?

Students learn to convert negative thoughts into positive, helpful thoughts. That changed view in thinking increases self-esteem and self-confidence, allowing the child to be happy with themselves and with their grades.

NB. In some situations, during the IK&ZO program, the coach may determine that more in-depth psychological counselling is needed. In that case, we will work closely with the parent(s) to offer a follow-up program at LEREN&ZO.

How Much Does it Cost?

IK&ZO costs €99 (senior psychologist). Each session lasts 1 hour. There is a one-time start-up cost of € 39.50 to join IK&ZO. Education is VAT-exempt. No VAT is charged.