



INFORMATION 2021/2022

"THE WILL TO WIN, THE DESIRE TO SUCCEED,
THE URGE TO REACH YOUR FULL POTENTIAL...
THESE ARE THE KEYS THAT WILL UNLOCK
THE DOOR TO PERSONAL EXCELLENCE."

CONFUCIUS

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WHY CSS?

Why the need for investing in personal and academic/professional development?

Marketplace - due to its complexity, uncertainty and accelerated rhythm at which it is changing creates **new challenges** for students aiming to be successful as professionals.

Competition - the will to succeed is creating **greater demands** on students and professionals, as more people invest in personal and academic/professional development, striving to become **better than the majority** of other students/professionals.

Differentiation - as a consequence, a need for differentiation is rising, as the paradigm in Education (in High School and University) and in the Marketplace is changing its focus from a purely grade-oriented view, towards, **a skill-oriented perspective.**

**“WE ARE WHAT
WE REPEATEDLY DO,
EXCELLENCE THEN IS NOT
AN ACT BUT A HABIT”.**

- ARISTOTLE

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WHY INVESTING IN SKILL TRAINING DURING HIGH SCHOOL? WHY NOW?

Many students, during high school, focus almost exclusively in studying for exams, working in a grade-oriented perspective. This is important, especially because grades at this level are the ultimate criteria for entering into a specific university, and into a specific degree.

However, students between the ages of **13 and 18**, are specially **malleable** in their learning. This means, they have an **increased ability to develop and strengthen specific skills**, habits and behaviours that can **differentiate them and increase their chances of success** as they go into University or, later on, into the marketplace. Also, because in CSS, study skills, exam performance and stress management are addressed, this increases students' chances of achieving higher results.

The program, the students that are part of it, and the parents who have trusted us, share a common belief. We believe, that if students start sooner in developing key skills, they will be creating a powerful advantage over other students, strengthening themselves and developing their potential in a practical and engaging way.

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HOW DOES CSS WORK?

CSS Program consists of **34 sessions, 1 session** per week, lasting 60 minutes each, distributed **across the school calendar** (from October to June), taking place after school. Students are organized into **groups of up to 6 students**, according to their age, maturity and schedule availability. In this academic year, students will also have the opportunity to schedule an individual session to focus on a specific issue such as career guidance

Through skill training in personal & academic development, the program focuses in 6 specific goals: emotional intelligence, self-esteem/self-confidence, empowerment, resilience, wellbeing and achievement.

CSS is now **in its 7th edition**, as students at the end of each edition express the will to continue developing their skills in the year after.

So, CSS has now 4 levels (**Silver, Gold, Platinum and Diamond**). Throughout the length of the program, students will be learning and training in modules such as |

Motivation and Goal Setting

Emotional Intelligence

Time Management and Productivity

Leadership

Communication and Body Language

Persuasion, Negotiation and Conflict Management

Creativity, Innovation and Entrepreneurship

Happiness and Wellbeing

Stress Management and Academic Performance

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WHAT IS CSS?

CSS is an **extra-curricular** coaching program designed to train students in the skills for achieving sustained success. CSS was built and tailored through 4 years of research and development, and draws on the science of **Performance Psychology** and **Positive Psychology** blended with **Neuroscience**, to give participants a set of tools they can use to **become exceptional at key strategic skills**.

The program is designed to help participants develop the **mindset and skillset** required not only to cope, but to thrive in a world of growing complexity, unrelenting change and increasing competition. The result is a **pioneer program** with a new **evidence-based methodology** in training skills for the sustained achievement of success.

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WHAT DRIVES CSS?

The program was designed from the **belief, the vision and the dream**, of **enhancing student's potential** and performance, by training them in specific skills, that will play an important role in their personal, academic and professional lives. Our ultimate goal is enhancing students' growth into skilled, resourceful and prepared individuals for the challenges they will face ahead, empowering them with a strategic advantage over other individuals, continuously aiming at pushing their potential for the next level.

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HOW DO OUR STUDENTS RANK THE CSS PROGRAM?

Drawing from students' feedback and effectiveness assessment of the program, all students reported |

100% would recommend to a friend

95% want to continue to do CSS for the next year

92% as an average score from 0 to 100 on how much they liked it

91% as an average score from 0 to 100 on how much they thought CSS was useful for them

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WHEN DOES CSS TAKE PLACE?

CSS takes place after school in one of the following options

Monday 5:20pm - 6:20pm \ 6:20pm - 7:20pm \ 7:20pm - 8:20pm

Tuesday 5:20pm - 6:20pm \ 6:20pm - 7:20pm \ 7:20pm - 8:20pm

Wednesday 5:20pm - 6:20pm \ 6:20pm - 7:20pm \ 7:20pm - 8:20pm

Thursday 5:20pm - 6:20pm \ 6:20pm - 7:20pm \ 7:20pm - 8:20pm

Friday 5:20pm - 6:20pm \ 6:20pm - 7:20pm \ 7:20pm - 8:20pm

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HOW TO BECOME PART OF CSS?

Send email to coaching.students.success@gmail.com with the following information |

Name and form class

Availability

(Please send all possible availability as this makes it easier to integrate each student into the more appropriate groups.)

PROFILE | CELSO COSTA

Universidade Católica Portuguesa

Professor of Strategy and Innovation

Coaching Students to Success Program ©

Founder and Author

Classified as in the top 10 of the most innovative programs in Education in Portugal by the Global Teacher Prize Award

CLIP

Former ex-student and Psychology F11 and F12 teacher
Psychologist

DETAILS

DEADLINE for enrolment | 27th September

INTERVIEWS taking place | 28th September to 1st October

PROGRAM STARTS 4th October

PRESENTATION TO PARENTS via ZOOM (you'll receive a link via email)

20th OF SEPTEMBER

FEES

34 weekly sessions, from October to June, spread across the school calendar

Payed monthly 90€/month

Payed annually 10% discount for payment in full

IBAN PT50 0035 2082 0000 8713 6005 4

 @COACHINGSTUDENTSTOSUCCESS

 @CSS_ON_INSTA