



**SUPER
hero
·PROGRAM.**

What's your super power?

2021/2022

1 WHY SUPER HERO PROGRAM?

What if since an early age we could build ourselves as super heroes?

What if skills like teamwork, perseverance and emotional intelligence, and strengths of character like courage, gratitude and kindness could be enhanced as super powers?

Many of the relevant skills for life on a **personal** and **academic** level, but also valued and recognized in **workplace**, have their beginnings in the first years of life, especially from **5 to 9 years old**, where a child's personality, behaviour and potential are so **malleable**.

Super Hero is a specialized program for enhancing lower school students' emotional intelligence. More specifically, Super Hero focuses on 3 essential psychological processes:

- Self-esteem and self-confidence
- Emotional self-awareness and self-regulation
- Communication and social skills



We use the super heroes and **super powers metaphor** blended with **attractive, original and creative materials**, and backed by a **solid scientific methodology** and **trained psychologists** to deliver a comprehensive development program.

Super Hero enhances students' **adaptability and perseverance**, engaging children in the development of skills such as **emotional regulation and problem solving**, and character strengths such as **empathy and assertiveness**.

2 HOW DOES SUPER HERO WORK?

The program takes place after school, 1 session per week, during 50 to 60minutes, throughout the school calendar (October to June), as an extracurricular activity.

Students are organized into small groups of up to 6 students, and matched in a way that facilitates their interaction and growth in the program. Each session was specifically designed to be perceived by children as highly practical, interactive and transferable to their everyday life.

Throughout the year, they will be challenged to make progress and move through different challenges and levels, so that they can develop their super powers and unlock different features of their super hero kit. They also receive a super hero passport to document their self-growth journey.

The program includes, feedback meetings with parents and training opportunities within topics relevant to the program.

3 | WHAT MOTIVATED US TO CREATE SUPER HERO?

Two questions guided our research and development process:

- What key factors best predict success in wellbeing and skills development? How to enhance such factors?
- What key factors lead to problematic behaviours? How can we prevent those?

We believe in the power of developing soft skills with students, especially when combining state-of-the-art and evidence-based approaches and starting from an early age.

We love to team up with students to boost their potential, making learning relevant, fun and applicable to their lives.

4 | WHEN DOES SUPER HERO TAKE PLACE?

Super Hero will be available in one of the following schedule options:



5 | HOW TO BECOME PART OF SUPER HERO?

Please send an email to coachingsuperpowers@gmail.com with the following information:

- Name, age, form
- Availability

**Please indicate as many options as possible, as this helps to build effective groups with students.*

PROFILE | CELSO COSTA

Next Level Hub

Founder and CEO

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

Super Hero Program

Founder and Author

DETAILS

Deadline for enrolment | 27th September

Interviews taking place | 28th September to 1st October

Presentation to parents | 21st September

(link available in email sent by school)

Start of the program | 4th October

FEES

Payed monthly 80€/month

Payed annually 10% discount if payed in full until 1st of October

IBAN PT50 0035 2082 0000 8713 6005 4

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coachingsuperpowers@gmail.com
@coachingsuperheros