



Preparing Minds Parent Information Kit

*Beyond tutoring — connecting learning, wellbeing,
and growth for every student.*



“Emma's guidance was a game-changer for my daughter. Emma's practical strategies equipped my daughter with invaluable tools to navigate high school.”

Father of former Preparing Minds Student ATAR 94.95



About Our Founder

Emma is a former teacher turned coach for students, parents, and schools. With over 12 years of experience teaching Science and Mathematics, she's worked with hundreds of students and discovered that most don't struggle with content — they struggle with how to learn, manage time, and stay motivated when things get hard.

Emma understands that **real success comes from combining the best parts of tutoring with practical strategies that build organisation, focus, confidence, and mindset.** Academic coaching helps students learn how to learn — not just what to learn — so they can approach school and study with calm and clarity.

Academic coaching equips primary, middle, and senior students with the skills, structure, and self-belief to thrive both in and beyond the classroom.

What is Academic Coaching?

Academic coaching helps students develop the skills beneath the grades — the things that make learning stick: organisation, focus, study strategies, motivation, and resilience.

Coaching is future-focused. We help students understand their learning style, set goals they believe in, and learn how to manage their time and emotions more effectively.

It's the bridge between wellbeing and performance — helping young people feel capable, not just busy.





“Emma helped me identify the obstacles and how to overcome them through realistic and manageable study goals.”

*Former Preparing Minds Student
ATAR 99.75*

Topics We Cover in Conjunction with Tutoring

Topics are tailored to suit the student's age, stage of schooling, and individual learning needs.

- Setting realistic goals and developing action plans.
- Understanding distraction, procrastination, and motivation.
- Building effective time-management and organisation skills.
- Managing stress, comparison, and social media habits.
- Learning effective study and revision techniques.
- Building confidence and self-belief through progress and reflection.



Who is Academic Coaching For?

We've seen success with students across all stages – from primary school through to university.

In primary years, coaching helps build focus, organisation, and a love of learning.

For secondary students, it supports motivation, study habits, and confidence as academic demands increase.



Signs Your Child Might Benefit from Coaching

If even one of these feels true, academic coaching can help.

- ☐ Homework turns into conflict or avoidance
- ☐ My child says, "I'm just not good at school"
- ☐ They work hard but don't see results
- ☐ They feel overwhelmed by deadlines or exams
- ☐ They leave tasks until the last minute
- ☐ They've lost confidence or motivation
- ☐ They're capable – but don't seem to believe it

**If you're curious about how
academic coaching could
support your child, I'd love to
connect.**

Email me to discuss your child's
goals, current challenges, or how
we might work together to build
confidence and balance around
learning.

emma@preparingminds.com
www.preparingminds.com



“Real success comes from combining the
best parts of tutoring with practical
strategies that build organisation, focus,
confidence, and mindset.”