

# VARK-G Reference Guide for Coaching, Mentoring, & Teaching

MODE	TOP 4 LLMs	TOP 4 APPLICATIONS	USE CASES — TEACHING · COACHING · MENTORING	
<p style="font-size: 2em; color: #dc3545; text-align: center;">V</p> <p style="text-align: center;"><b>VISUAL</b></p> <p style="font-size: 0.8em; text-align: center;"><i>Charts, diagrams, spatial layouts</i></p>	<p>01 <b>GPT-4o</b> Multimodal image I/O; generates charts and annotated diagrams on demand</p> <p>02 <b>Gemini 1.5 Pro</b> Native image reasoning; reads graphs, maps, and slide decks to explain concepts</p> <p>03 <b>Claude 3.5 Sonnet</b> Generates detailed diagram descriptions and structured visual outlines in Markdown</p> <p>04 <b>DALL-E 3 / Stable Diffusion</b> Dedicated image-generation for custom infographics and concept illustrations</p>	<p>01 <b>Canva AI</b> Magic Design turns text prompts into slide decks, infographics, and visual summaries</p> <p>02 <b>Napkin AI</b> Converts written explanations into auto-generated diagrams and flowcharts</p> <p>03 <b>Gamma</b> AI-built presentations with adaptive visual layouts from a single text outline</p> <p>04 <b>Miro AI</b> Mind maps and concept boards generated from brainstorming prompts in real time</p>	<p><b>TEACHING</b> <b>Auto-generate concept maps</b> Prompt an LLM to produce a labeled mind map of a complex unit (e.g., the carbon cycle), then paste it into Canva for a class handout in minutes.</p> <p><b>COACHING</b> <b>Progress dashboards</b> Feed session notes to an LLM to produce a visual timeline of a client's milestones, blockers, and growth arcs over a coaching engagement.</p>	<p><b>TEACHING</b> <b>Differentiated visual summaries</b> Use GPT-4o to create multiple versions of the same infographic at beginner, intermediate, and advanced levels simultaneously.</p> <p><b>MENTORING</b> <b>Career pathway diagrams</b> Ask Gemini to map a mentee's skills to potential roles, outputting a visual skills-to-career flowchart they can refer back to between sessions.</p>
<p style="font-size: 2em; color: #17a2b8; text-align: center;">A</p> <p style="text-align: center;"><b>AURAL</b></p> <p style="font-size: 0.8em; text-align: center;"><i>Listening, discussion, sound</i></p>	<p>01 <b>ChatGPT Voice</b> Real-time spoken dialogue with natural prosody; ideal for verbal Q&amp;A and discussion practice</p> <p>02 <b>Gemini Live</b> Multimodal voice conversations with low latency; strong for interactive listening comprehension</p> <p>03 <b>Claude + ElevenLabs</b> Paired with TTS to create rich, nuanced audio explanations from text content</p> <p>04 <b>Hume AI (EVI)</b> Empathic voice interface that adapts tone and pacing to the learner's emotional state</p>	<p>01 <b>NotebookLM</b> Converts uploaded course materials into natural-sounding podcast-style audio overviews</p> <p>02 <b>ElevenLabs</b> Clones educator voice for asynchronous audio feedback and lecture narration</p> <p>03 <b>Otter.ai</b> Transcribes and summarises discussions; surfaces key themes from class recordings</p> <p>04 <b>Speak</b> AI conversation partner for oral practice with real-time pronunciation feedback</p>	<p><b>TEACHING</b> <b>AI-narrated lesson recaps</b> Upload lecture slides to NotebookLM to auto-produce a 5-minute audio recap students listen to before the next class, reinforcing key points aurally.</p> <p><b>COACHING</b> <b>Verbal reflection prompts</b> Use an AI voice agent to guide clients through end-of-week verbal reflections, transcribed by Otter.ai and surfaced as patterns in the next session.</p>	<p><b>TEACHING</b> <b>Socratic voice debates</b> Assign students to debate an AI opponent via ChatGPT Voice, developing argumentation skills through spoken dialogue rather than written response.</p> <p><b>MENTORING</b> <b>Asynchronous voice feedback</b> Mentors record brief audio feedback via ElevenLabs-cloned voice; mentees receive warm, spoken responses on submitted work between live sessions.</p>
<p style="font-size: 2em; color: #28a745; text-align: center;">R</p> <p style="text-align: center;"><b>READ / WRITE</b></p>	<p>01 <b>Claude 3.5 Sonnet</b> Exceptional long-form writing, structured annotation, and nuanced text transformation</p> <p>02 <b>GPT-4o</b></p>	<p>01 <b>Notion AI</b> Drafts lesson plans, meeting notes, and learning objectives within a connected workspace</p> <p>02 <b>Grammarly AI</b></p>	<p><b>TEACHING</b> <b>Personalised feedback at scale</b> Upload a class set of essays; use Claude with a rubric prompt to generate differentiated written comments for each student in seconds, then review and send.</p>	<p><b>TEACHING</b> <b>Dynamic reading lists</b> Prompt an LLM with a topic and learner level to produce an annotated bibliography with reading-level indicators and discussion questions for each text.</p>

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<p><i>Text, lists, definitions, notes</i></p>	<p>Versatile writing assistant; strong at drafting rubrics, syllabi, and written feedback at scale</p> <p>03 <b>Gemini 1.5 Pro</b> 1M-token context window for deep analysis of long texts, research papers, and curricula</p> <p>04 <b>Mistral Large</b> Open-weight model suited for self-hosted text workflows; precise instruction-following</p>	<p>Provides tone-aware, developmental writing feedback tailored to academic register</p> <p>03 <b>Consensus</b> AI-powered academic search that synthesises peer-reviewed findings into written summaries</p> <p>04 <b>Elicit</b> Extracts, compares, and tabulates claims across multiple research papers automatically</p>	<p>COACHING <b>Written goal-setting documents</b> Co-author SMART goal statements with clients using an LLM as a structured writing partner, refining language until the commitment feels precise and owned.</p>	<p>MENTORING <b>Reflective journaling prompts</b> Generate a weekly series of progressively deeper journaling questions tailored to a mentee's development stage, delivered automatically via Notion AI.</p>
<p><b>K</b> <b>KINESTHETIC</b> <i>Experience, practice, scenarios</i></p>	<p>01 <b>GPT-4o</b> Powers interactive simulations and branching scenario engines through the API</p> <p>02 <b>Claude 3.5 Sonnet</b> Runs rich role-play simulations with consistent character personas across long sessions</p> <p>03 <b>Gemini 1.5 Pro</b> Multimodal scenario input (images + text) enables situated, real-world practice contexts</p> <p>04 <b>Llama 3 (Meta)</b> Open-source; ideal for building custom hands-on learning tools and local simulations</p>	<p>01 <b>Khanmigo</b> Guided problem-solving partner that walks learners through steps without giving answers</p> <p>02 <b>Synthesis Tutor</b> Adaptive challenge-based learning that adjusts difficulty dynamically to keep learners in flow</p> <p>03 <b>Roleplay.ai</b> Immersive role-play environments for practicing professional and interpersonal scenarios</p> <p>04 <b>Labster</b> AI-powered virtual lab simulations for sciences; safe, repeatable experiment practice</p>	<p>TEACHING <b>Live scenario simulations</b> Build a branching case study in GPT-4o where students make real-time decisions (e.g., triage a patient) and receive immediate consequence feedback.</p> <p>COACHING <b>High-stakes conversation rehearsal</b> Clients role-play a difficult conversation (e.g., salary negotiation) with Claude, then debrief on language, tone, and tactics with the coach.</p>	<p>TEACHING <b>Iterative project feedback loops</b> Students submit drafts or prototypes; the LLM acts as a critical stakeholder, posing questions and requesting revisions until quality criteria are met.</p> <p>MENTORING <b>Real-world challenge sandboxing</b> Mentees bring a live work challenge; the mentor and LLM co-facilitate a problem-solving sprint, testing approaches before they apply them in the field.</p>