

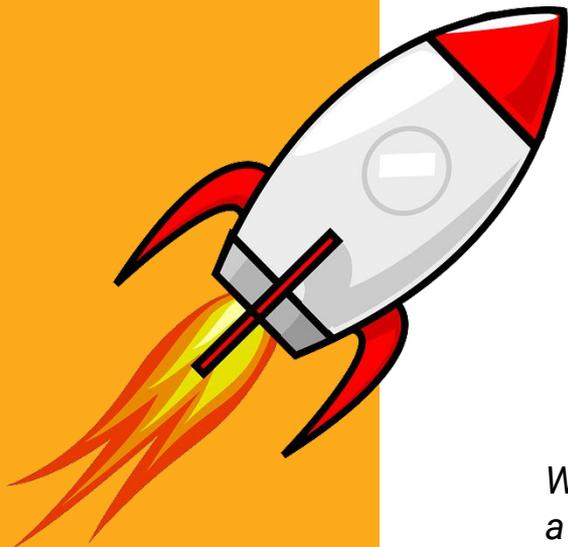
my polyglot life →

Guidance Coaching packages *Accompagnements*



Thought-provoking French for curious learners, expats, immigrants and Anglophone Canadians.

3 packages



- **Impulsion / Impulse (1 month)**
- **Décollage / Take off (3, 6, 9, 12 months)**
- **Mise en Orbite / Orbit (minimum 2 months)**
for advanced learners and test prep (TEF/TEFaQ, TCF/TCFQ, DELF, DALF...)

When you reach the end of a package: renew or continue on your own or with a tutor and contact me again if/when a need arises!

At My Polyglot Life we believe in equality, solidarity and inclusivity. This is a safe space for LGBTQ+. We also take into account conditions such as dyslexia, ADHD, hypersensitivity, high potential, mild processing disorders that may affect your brain, to provide the most efficient learning process adapted to your needs.

IMPULSION: Débloquez votre mental

Impulse: Get over mental blocks with a small push

Duration:

4 weeks

Includes individual live sessions:

1.5 hr diagnostic
3 x 1h coaching

All sessions are conversation-based and cover language skills and mindset

Includes access to self-training portal & material

Fee:

C\$ 495* / 319€

** Canadian dollars*

Who is it for?

- You know how to speak but you lack self-confidence (ex: anglophone Canadians, A2/B1, mental blocks...)
- You don't know what to do to progress and overcome the plateau where you're stuck
- You're feeling negative emotions: confusion, fear, lack of confidence, stress, guilt

Expected outcome

- Identify and find strategies to overcome blocks
- Explore how you learn best
- Start speaking French with a native
- Form good habits
- Discover interesting material to build your French immersion

Décollage: Élevez votre niveau

Take off : Take your French to a new level

Duration:

Minimum 3 months

Includes individual live sessions

Choose the length and frequency

Includes access to:

* self-training portal and material

* **upcoming course**
"Conjugations 101 - The Big picture"
(self-paced)

Fee:

From C\$ 1140 / 735€
(see next pages for details)

Who is it for?

- "False beginner" (a few months of Rosetta Stone, Babbel or similar counts) or **intermediate**
- You interact with francophones on a regular basis and/or you live or plan to live in a francophone area
- You have a desire to speak French to create a deeper connection with family (including your bilingual kids), friends or colleagues
- Speaking French would open up work opportunities

Expected outcome:

Set your own goals depending on your situation and intention

- The Coach guides you along the process to
 - define your long term goal
 - break it down into achievable intermediate goals to make your progress visible
- See next page for examples of concrete improvements.

Price as of April 2021. Guaranteed until December 31, 2021

DÉCOLLAGE

Timeframe to get to any result varies depending on:

* starting level

* native language

* frequency of sessions

* amount of practice outside sessions

Concrete results my coachees experience:

- Improved listening comprehension within 1 to 1^{1/2} month and ongoing progress.
- Ability to express their ideas in a simple way, with the grammar and vocabulary they know.
- Cultural awareness about local habits and behaviours.
⇒ Increased self-confidence
- Ability to take part in meetings in French at work:
 - first as listeners (reply in English), even if their comprehension is between 60-75%,
 - then as full participants.
- Ongoing high level of motivation : cancellation / reschedule rate less than 1%
- Better self-understanding:
 - find out how they learn best
 - greater ability to identify strengths/weaknesses

**Regular practice, short study sessions
mixed with extensive exposure provide the best results.**

Package prices (in Canadian dollars and Euros)

Length and frequency of sessions may vary, here are the options available and prices

Price for 3 months. Renewals: 15% off

Option A:

1h/week (12 sessions 1:1 of 60')

C\$ 1140 / 735€

Option B:

1.5h/week (24 sessions 1:1 of 45')

\$1690 / 1090€

All packages include access to:

- * self-training portal and material
- * **upcoming course** "Conjugations 101 - The Big picture" (self-paced)
- * Access to the coach by email outside of sessions

Mise en Orbite: Précisez et raffinez votre français

Orbit : Refine your language, precision & nuance

Duration:

Min. 2 months

Mix of live sessions + delayed feedback

* Choose length, frequency

* Submit assignments and receive video corrections

⇒ **easy to fit in a busy schedule!**

Includes access to:

* self-training portal & material

* **upcoming course**

“Conjugations 101 - The Big picture” (self-paced)

Fee:

From C\$ 1140 / 735€
(see next pages for details)

Who is it for?

- Test preparation aiming for B1 and above (TEF, TEFaQ, TCF, TCFQ, DELF, DALF, French citizenship, Switzerland C Permit and Naturalization, Canadian Immigration...)
- Or Upper Intermediate and Advanced Levels (B2 and above) wishing to acquire specific skills (writing, speaking, navigating between the different registers formal, standard and slang...)

Expected outcome:

Set your own goals depending on your situation and intention

- The Coach guides you along the process to
 - define your long term goal
 - break it down into achievable intermediate goals to make your progress visible
- See next page for examples of concrete improvements.

ORBITE

Timeframe to get to any result varies depending on:

* starting level

* native language

* frequency of sessions

* amount of practice outside sessions

Concrete results my coachees experience:

- Improved listening comprehension within 1 to 1^{1/2} month and ongoing progress.
- Better understanding of conjugations and nuances
- Developing automatisms to use less familiar syntax and conjugations
- Correction of fossilized mistakes
- Greater fluidity to explain complex thoughts (reduced stress level and increased targeted practice improves fluency)
- Self-understanding: integrating French into their life and core identity to “own” their fluency
- For exam prep specifically (about 15 students):
success rate in reaching desired level: 98% at first attempt, 100% at second

Most of them came to me in the last stretch of their preparation (2 months) because they were feeling stressed and uncertain about their ability to pass the test. Some had skills above the required level and only needed a confidence boost and targeted practice, while others had to study hard to catch up on the grammar.

Extensive exposure coupled with targeted production tasks, doing or talking about things you like provide the best results.

For test prep: we add a strategic component (what's expected of you at the test) and fun practice whenever possible

Package prices (in Canadian dollars and Euros)

Length and frequency of sessions may vary, here are the options available and prices

Price for 3 months. Renewals: 15% off

Option A:

6 sessions 1:1 of 60' each
+ detailed weekly assignment corrections
(12 assignments minimum)

C\$ 1140 / 735€

Option B:

12 sessions 1:1 of 60' each
+ detailed weekly assignment corrections
(12 assignments minimum)

C\$1690 / 1090€

Length of assignments depending on level, on average between 250-500 words or 6-12 minutes recording.

For commitments of 6 months and over we would either renew the package or switch to a "Décollage"-type package (same price).

Sliding scale and scholarship system:

If you are in a difficult financial situation but you absolutely need French to access better opportunities, some subsidized packages are available, like a scholarship system. Limited spots available. "Impulsion" package only, in order to establish a diagnostic and set up an efficient self-study plan.

If the coachee is not fully involved in the process, scholarship funding and coaching may be discontinued at any time by decision of the coach, after consultation with the coachee.

All packages include access to:

- * self-training portal and material
- * **upcoming course**
"Conjugations 101 - The Big picture" (self-paced)
- * Access to the coach by email outside of sessions

Price as of April 2021.

Guaranteed til December 31, 2021

Referral

Please feel free to share my contact info with your friends or colleagues who may need help with their French

- Referral system:

When the person signs up for a coaching package, you'll get

- another 15% off your first renewal after they join
 - 2 free sessions in case you don't want to renew for a full term
- Contact info:

cathy.intro@gmail.com

Mypolyglotlife.com

Please just let them know to mention your name when they contact me.



Testimonials

More testimonials at
mypolyglotlife.com

Cathy m'a aidé à élever mon niveau de conversation en français au point que je peux avoir une conversation avec les professeurs de ma fille à l'école, mes voisins, ma communauté francophone. J'ai rencontré Cathy en Décembre 2019 et depuis, j'attends avec impatience notre session hebdomadaire!

Elle est toujours bien préparée et elle garde à l'esprit mon niveau et ce que je dois améliorer. Elle est pleine d'idées qu'elle me donne généreusement pour m'améliorer, comme les événements sociaux /virtuels français et les séries télévisées québécoises, etc. Catherine est une excellente enseignante, très réfléchie, nous avons des conversations très intéressantes tout en nous concentrant sur l'amélioration du langage.

Je ne peux pas oublier qu'elle était là pour m'encourager à continuer alors que j'en avais marre du français.

Waseem (Syria/Montreal) - 12/2020 - 02/2021, started at A2 level with many challenges

French became fun! Now I can speak while before I was afraid to speak and make mistakes. I enjoy watching videos in French whereas before it required a lot of efforts.

[Watch Danson's testimonial](#)

Danson (June 2020-March 2021, started at A2 level):

Pay it forward

Annually, 10% of all sales from packages will be

- Used to create a system of scholarship (*subsidized packages for people who couldn't otherwise afford coaching but would benefit from it to gain access to better professional opportunities*)
- If no one claims or qualifies for a scholarship, the funds will be donated to NGOs working in the field of education

[Fondation Nouveaux Sentiers/New Pathways](#)

working with First Nation Communities in Quebec, Canada, managed by people from the community

[Fondation du Collège Saint-Martial](#)

Supporting education in Haiti

