

WELCOME TO GERMANY



COURSE FOR EXPAT PARENTS

What you can expect

- Basic German, audio summaries of each session
- Relaxation and self-aid techniques
- fun & networking
- individual WhatsApp coaching in matters of everyday life in Germany

To make learning fun and efficient, I offer my classes at various locations in Wiesbaden: yoga studio, cafés, museum, nature, wine and Christmas market.

To keep the group small and personal, I can only work with a maximum of 10 participants.

The first three sessions take place in a yoga studio. I recommend that car pools are formed. You will be back at the Naurod Campus in time to pick up your children.

Register by email:

lisa.rudigier@selbsthilfe-lernen.de

Costs: 660,- €, entrance fees and consumption in cafes etc. are not included

Call: Please call me if you have any questions: +49-162-914600.

COURSE FOR EXPAT PARENTS

Do you feel a little stressed at the start of the school year? Not yet ready to set up good routines for yourself?

This course is designed for expat parents who are managing everything at home and have children at school.

Mondays from 1 p.m. - 2:30 p.m. we meet with different focuses. My goal as your teacher and as a kinesiologist is to help you with the transition to everyday life in Germany. After the 10 sessions you will be able to easily order, ask questions and find your way around Wiesbaden. As a coach, I offer to help you navigate everyday life in Germany via whatsapp for the duration of the course. Above all, I want learning to be fun and individual challenges to be achievable.

The first three sessions take place at the yoga and Pilates studio "My Mooves", Bierstadter Str. 27, 65189 Wiesbaden. After that, we go to cafés in Wiesbaden. I have taken Fall Break I and II and Winter Break into account when planning the course:

About

I am a self-employed teacher of self-support and learning techniques and a kinesiologist, formerly also working for FIS (teaching German and Art, and German through Art)

To keep the group small and personal, I will work with a maximum of 10 participants. The first three sessions take place in a yoga studio. I recommend that car pools are formed. You will be back at the Naurod Campus in time to pick up your children.

Dates:

16/09/24

23/09/24

07/10/24

14/10/24

21/10/24

28/10/24

04/11/24

11/11/24

18/11/24

25/11/24

02/12/24

My daughter was at Frankfurt International School until the IB, so I also know this wonderful school system from the perspective of a parent.

You will find some feedback in English on my website as I have worked with some parents and children from the international community.

Lisa Rudigier

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