



2021-2022 SCHOOL WORKSHOPS

MEL HALL - LIFE SKILLS COACH
WWW.RENAISSANCEWOMANHOOD.COM

"Just love this girl,
great vibes."
Anonymous Student,
Louise Arbour Secondary School
Half-Day SHSM Workshop

WORKSHOP INQUIRIES:
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LEARN MORE:
WWW.RENAISSANCEWOMANHOOD.COM

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Master Note-Taking

HOW TO TAKE BETTER NOTES & IMPROVE YOUR GRADES



What's the biggest difference between an independent learner who feels confident in the classroom and a student who relies on their friends to help them study for a big test after scrambling to keep up in class?

How your students take notes directly impacts their retention of the material!

Note-taking is a learning strategy that...

- maximizes retention
- creates better, more independent learners
- increases confidence in the classroom
- eases transitions to post-secondary and the workplace

RELEVANT COURSE MATERIAL

GLE/GLS, ADA, ADD, ENG, ELS, OLC, HIP4O, SHSM, & more

"Melanie's programming was a great choice for our SHSM students. Her workshop was a great balance between industry specific insights and transferable skills to help students find success in both high-school and post-secondary."

Mr. Payne, PDSB
Half-Day SHSM Workshop



What's The Best Fit For Your Students?

75-minute virtual workshop

Students will learn note-taking and organizational skills for success in their academic, workplace, and daily lives.

\$240 +HST

Half-day virtual workshop

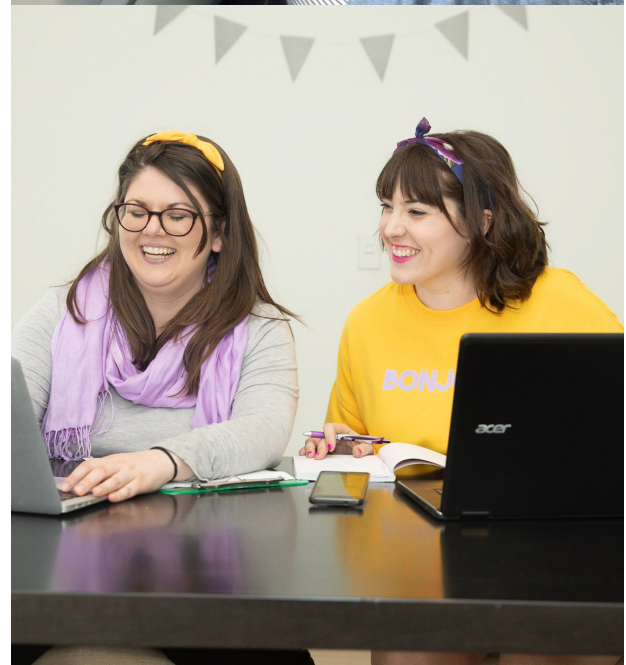
In addition to learning all of the note-taking strategies from the signature 75-minute workshop, students will take an in-depth look at stage management notation for theatre and dance so they can see first hand how "Type-A" personalities can thrive in creative environments.

\$400 +HST

75-minute virtual workshop & 75-minute feedback session

In this 2-part series, students will complete the 75-minute master note-taking workshop then, in a 75-minute follow-up session, Mel will give feedback on class notes submitted in advance by students. This allows students to see how note-taking strategies can be applied to their current course work, get individualized feedback, and receive actionable tips they can implement immediately.

\$400 +HST



THE ART OF *Anti-Overwhelm To Do Lists*



If there was a way to help your students meet deadlines and feel more grounded both at home and in the classroom without offering extensions or ongoing individual follow-up, would you be willing to dedicate one lesson to To Do Lists?

To do lists aren't one-size fits all!

The key is creating a personalized system that works with you, not against you.

Students will learn strategies to...

- tailor-make an organizational system that plays to their strengths
- combat overwhelm and procrastination
- better organize their academic, workplace, and daily lives

RELEVANT COURSE MATERIAL

GLE/GLS, GLC, HIP40, & more

NEW!

Secure **Early Bird Pricing** on this brand new workshop with a 2022 reservation!

Goal Setting From The Inside Out

HOW TO SET EXCITING AND ACHIEVABLE VALUE-BASED GOALS



What's the biggest difference between a goal that excites and motivates you and a goal that gets abandoned before it's even begun?

Empower your students with the confidence that every decision they're making is truly serving them.

Students will...

- identify their core values
- clearly envision their future success
- set long-term goals and short-term goals that honour their values
- break goals down into achievable tasks

RELEVANT COURSE MATERIAL

GLE/GLS, GLC, HIP40 & more

NEW!

Secure **Early Bird Pricing** on this brand new workshop with a 2022 reservation!



Meet Mel Hall

Meet Mel Hall, a Life Skills Coach, #aduting expert, and- first and always- big sister. Mel helps teens and young adults who are transitioning towards independent life let go of that little voice telling them they "can't", so that they can become the bada** adult they dream of being.

In her career, she has been on the stage management teams for the opening and closing ceremonies of the *PanAm*, *ParapanAm*, and *Invictus Games*, worked with students in *Toronto District School Board* and *Prologue Performing Arts* programs, and was the Production Manager for *Théâtre français de Toronto*- Ontario's longest running French-language theatre company. Not to mention her experience as a translator, administrator, webinar facilitator, and a lifetime as Victoria, Sophie, William, and Mitchell's big sister. Mel Hall is living her truest Renaissance Womanhood.

As a Life Skills Coach, Mel applies over 8 years of experience as a stage manager to bring a unique organizational style and atmosphere to her workshops. What's more- and truly magical- is her ability to connect with students and share the value and potential in what can otherwise be seen as boring - albeit essential- life skills. Whether it's taking effective notes, building a budget, or creating a to do list, she geeks out. Every time.

Mel's signature Big Sister-style mentorship is the optimistic and accepting voice your students need cheering them on. Her community loves her positivity, feminist content, and unwavering commitment to helping young folks get the judgement-free support they deserve so they can step into independent life with confidence.

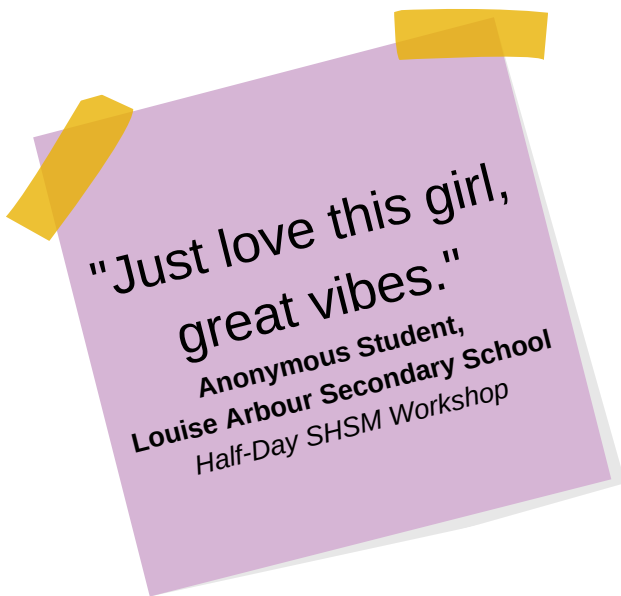
Student Testimonials

"I think it was really fun and interactive! I also felt like [Mel was] super kind and welcoming, which made the whole experience more enjoyable."

Anonymous Student,
Louise Arbour Secondary School
Half-Day SHSM Workshop

"A lot of different tips and suggestions that I plan on using."

Anonymous Student
75-Minute Workshop



"Great workshop!... Mel was very clear and presented information in a very effective and enthusiastic way. The little activities were great and made the presentation very interesting. I also think that the information included in the workshop was very useful and practical, especially for high school and university students."

Anonymous Student
75-Minute Workshop

"As a recent high school graduate I found all [Mel's] tips and strategies to be incredibly useful and applicable to my daily life. [She] presented information clearly and enthusiastically which made it easy to stay focused and learn extremely valuable note taking strategies. I highly recommend this workshop to anyone who is looking to take great notes and improve their grades!"

Victoria, 18
High School Graduate
75-Minute Workshop

FAQ

Is there a limit to the number of students per workshop?

Yes, the workshops are designed to accommodate a maximum of 35 students. This ensures that all students can benefit from exercises, interactive elements, and Q&A opportunities within the allotted time.

Are in-person workshops available?

Due to the COVID-19 pandemic, all workshops have been designed to be hosted virtually and are priced accordingly.

If your school is located in Ontario's Toronto, Peel, or York regions and is hosting onsite guest speakers, in-person workshops can be negotiated on a case-by-case basis.

Can I book a workshop for a school outside of Ontario?

All 2021-2022 workshops have been designed to be hosted virtually. As a result, they are available across Canada.

Note: Applicable taxes will vary by province but the base workshop price is fixed.

What is Early Bird Pricing?

Early Bird Pricing applies to the two new workshops that are being offered for the first time in 2022: *The Art of Anti-Overwhelm To Do Lists* and *Goal Setting From The Inside Out*.

To qualify for the Early Bird price, you must either complete your 2022 workshop reservation or workshop booking before October 1st, 2021.

Do I need a reservation?

No, you do not need to make a reservation prior to completing your workshop booking. However, if you are not ready to complete your workshop booking but you would like to reserve and guarantee a workshop date and/or secure Early Bird Pricing, you can make a reservation.

Note: Reservations are currently available for January through June 2022.

Can I pay by credit card?

Yes, payments can be made online by credit card.

The following credit cards are accepted: Visa, MasterCard, and American Express

Pricing

Master Note-Taking

75-Minute Virtual Workshop	\$240 +HST
Half-day Virtual Workshop	\$400 +HST
75-Minute Virtual Workshop & 75-Minute Feedback Session	\$400 +HST

The Art of Anti-Overwhelm To Do Lists

75-Minute Virtual Workshop	\$240 +HST
Early Bird Price	\$200 +HST

Goal Setting From The Inside Out

75-Minute Virtual Workshop	\$240 +HST
Early Bird Price	\$200 +HST



Reservations

To reserve and guarantee a 2022 workshop date, as well as to secure Early Bird Pricing, there is a non-refundable 20% deposit.

If you prefer not to reserve a date in advance, your workshop date will be confirmed when your booking is complete.

Note: Reservations are currently available for January through June 2022.

Payment Options

Payments can be made by credit card or by cheque.

Your workshop will be confirmed once the payment is received.

Book a Workshop

CONTACT MEL

You can contact Mel Hall directly with any questions at:

renaissancewomanhood@gmail.com



READY TO BOOK?

Whether you're looking to book or make a reservation, complete the Workshop Form here:

www.renaissancewomanhood.com/workshops

After submitting your form, I'll connect with you via email to answer any questions and, if it feels in alignment, explain the next steps to book or reserve a workshop.