

## **ALEXANDRA HINDSON B.Sc., B.A. & M.Ed.**

### **Learning Strategist and Life Coaching**

I am a holistic practitioner, who provides learning tools and practices to support undergraduate and graduate students thrive in school while maintaining balance in their daily life. As a former university instructor I understand students can feel overwhelmed and stressed by their academic demands, challenged with organizing their time and assignments, managing distractions, test anxiety and more. Together, using your unique learning style we create a roadmap for success using principles of time management, effective study and exam writing practices, creative note taking tools, reading and writing strategies and more to help you meet your goals while also maintaining balance and a healthy mindset, feeling motivated and empowered as a student. I offer a service that I have honed over the last 7 years while working with hundreds of university students with diverse learning needs.

#### **MY EXPERIENCE & CREDENTIALS:**

- Masters in Education from the University of Calgary, AB, with a research focus of the role of mindfulness as a strategy to help university students with ADHD
- Bachelor of Arts in Fine Art and a Bachelor of Science, University of Guelph, ON
- Seven years as a learning strategist and coach, working with hundreds of students with Accessibility Services, Mount Royal University, Ambrose University, University of Calgary and Athabasca University.
- 13 years as a university instructor and lecturer in Art History at Algonquin College, Ottawa ON, Mount Royal College and the University of Calgary, Calgary AB.
- A certified senior teacher of yoga and facilitator of personal development with 20 years of offering classes and workshops at Yasodhara Yoga Retreat Centre, Kootenay Bay, BC and Calgary, AB
- Over 20 years of building and practicing self-awareness in my own life.

#### **WHAT MAKES ME EFFECTIVE AND IMPACTFUL:**

- Intuitive listener with a depth of understanding and ability to quickly identify the challenges of the student, developing creative, practical and research supported learning & study strategies tailored to the individual's unique strengths.
- Effective and integral practices for students to: reduce anxiety, inspire motivation and build confidence.
- Deeply encouraging and inspiring with the ability to draw out the client's strengths, tapping into their creative potential.
- Published scientific writer with Agriculture Canada and editor of *Lightwaves*, an online newsletter publication, Yasodhara Ashram with excellent writing skills.

#### **TESTIMONIALS:**

"I want to thank you for guiding me this semester. The progress I have made has been phenomenal (as you are aware), the level of calmness that I have achieved and the awareness of my state of being. Even just being ok with who I am at this moment in time is a big step for me. I am feeling like I have jumped (more like cleared) a giant hurdle. I feel more confident and ready for the next stage(s) of my life." -Heather, Mount Royal University

"Alexandra has been my learning strategist for almost a year now and she has truly helped me succeed in not only my academic life but my personal life as well. Alexandra cares holistically about you as a student and works one on one with you to assess what you need in order to succeed. By developing an individualized plan to success Alexandra is a master at strategizing and giving tips and tricks to help you raise your grades and quality of life. She works as your coach and as your mentor. I would recommend her to anyone who is looking for academic support and strategies for success. Thank you, Alexandra!" - Rachel, Ambrose University

"Thank you so much for all your help and encouragement this past year. Despite my over talkative nature you have always been so attentive and able to get me back on track when I get off track. Thank-you for your redirection, and thank-you for helping me advocate for myself and stay organized. When I need to relax or take a breath, you attune to these needs and I am grateful for the time we spent taking the time to address those needs." –Julie, Mount Royal University

"Jack Kornfield wrote in *A Path with Heart*: that "a fine teacher brings the spirit of awakening alive through their very being." This is what you do, even in the smallest acts. Words can't express how grateful I am for your commitment and encouragement." -Sandra