

OUTPUT TASK 1

Did you know? 75% of classroom-style training is forgotten if it's not implemented within 6 days after.

Exciting collaboration between Sodexo and CoachHub to accelerate leadership development across the APMEA region. The challenge addressed in this case was the need for scalable leadership development programs that could effectively engage and develop employees across diverse geographic regions, particularly in the Asia Pacific, Middle East, and Africa (APMEA).

- 🚀 Implemented scalable coaching programs powered by AI and analytics
- 🌐 Improved knowledge retention
- ☀️ Enhanced leadership skills
- 🧠 Increased employee engagement
- ✅ Achieved significant results in leadership development

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OUTPUT TASK 2

Alice's Personalized Study Plan:

Weekly Timetable:

Monday:

- Morning: Genetics study session (visual aids, diagrams)
- Afternoon: Microbiology study session (online tutorials)
- Evening: Debate club meeting

Tuesday:

- Morning: Biochemistry study session (flashcards, visual mnemonics)
- Afternoon: Volunteer at local clinic
- Evening: Personal time

Wednesday:

- Morning: Genetics study session (practice problems)
- Afternoon: Microbiology study session (group study session)
- Evening: Debate club meeting

Thursday:

- Morning: Biochemistry study session (review notes)
- Afternoon: Volunteer at local clinic
- Evening: Personal time

Friday:

- Morning: Genetics study session (practice test)
- Afternoon: Microbiology study session (review previous lectures)
- Evening: Debate club meeting

Saturday:

- Morning: Biochemistry study session (concept mapping)
- Afternoon: Volunteer at local clinic
- Evening: Personal time

Sunday:

- Morning: MCAT preparation (practice questions)

- Afternoon: MCAT preparation (mock exams)
- Evening: Relaxation and self-care

Strategies and Resources:

- Utilize visual aids, diagrams, and mnemonics for better retention of information.
- Use online tutorials and group study sessions for collaborative learning.
- Consider using apps like Forest or Focus@Will to enhance focus during study sessions.
- Implement the Pomodoro technique for focused study periods with regular breaks.

Advice and Tips:

- Prioritize tasks based on importance and deadlines to effectively manage time.
- Set realistic goals and break them down into smaller, manageable tasks.
- Practice stress-reduction techniques such as mindfulness or yoga to maintain well-being.
- Stay organized by using a planner or digital calendar to track assignments and commitments.

Challenges and Solutions:

- To overcome time management challenges, break down study sessions into smaller intervals and allocate specific time blocks for each task.
- Adjust the study routine as needed to accommodate extracurricular activities and personal commitments.
- Seek support from peers, teachers, or academic advisors for guidance on balancing academic workload and personal goals.

Overall, this personalized study plan aims to support Alice in achieving academic success, preparing for the MCAT, and maintaining a healthy work-life balance. By incorporating her preferred learning style, addressing challenges, and integrating extracurricular activities, Alice can effectively manage her time and progress towards her goals.

