



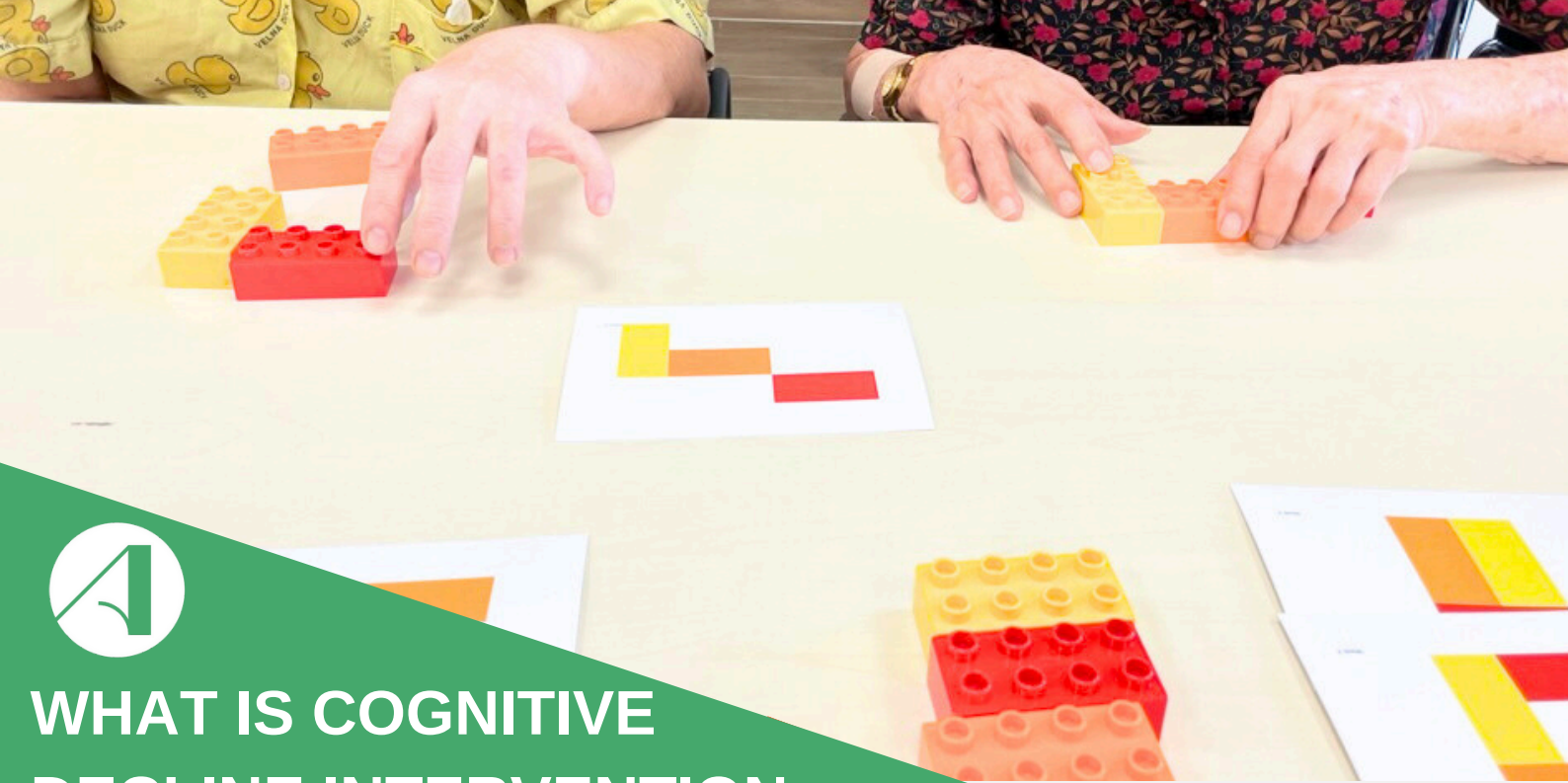
# COGNITIVE TRAINING PROGRAM

Ardent has designed and piloted a researched based cognitive training program that address executive functions skills and bridging learning, social, and emotional regulation

By 2030, which is only a few years away, one quarter or 24.1% of our population is forecast to be over the age of 65. Cognitive decline can strike at any age which not only impacts the lives of those living with it, but also their families. Our programme aims to slow down this decline so that people can live better lives and be productive for longer.

Cognitive decline can strike at any age which not only impacts the lives of those living with it, but also their families. Our innovative cognitive training programme aims to slow down this decline so that people can live better lives and be productive for longer.

This programme is designed for caregivers and care professionals to maintain or improve cognitive functions in individuals by stimulating, training and re-habiting the brain in key areas in problem-solving, creativity, language, communication, memory and recall, and improving dexterity.



## WHAT IS COGNITIVE DECLINE INTERVENTION PROGRAM (CDIP)?

**SPECIALLY  
CURATED FOR  
ACTIVE AGERS**

The program is based on research and positive evidence demonstrating the benefits of activities that develop core cognitive functions as well as enhance mental wellness.

### **Program Objectives**

1. **Enhance Memory:** Improve short-term and long-term memory recall.
2. **Increase Attention Span:** Strengthen sustained, selective, and divided attention.
3. **Boost Problem-Solving Skills:** Develop critical thinking and effective decision-making abilities.
4. **Promote Cognitive Flexibility:** Enhance the ability to adapt to new situations and think creatively.
5. **Improve Processing Speed:** Accelerate the ability to process information quickly and accurately.
6. **Revitalising ageing:** Reinvigorate ageing brain with engaging play and games regularly
7. **Mental Wellness :** Enhance mental alertness and socialisation

It is suitable for a wider range of beneficiaries from autistic, learning difficulties, mild to intermediate dementia



# PROGRAM IMPLEMENTATION

## What is the Methodology

**Evidence-Based Techniques:** Utilising research-backed methods and cognitive psychology principles.

**Personalized Approach:** Customising the program to meet individual needs and goals.

**Interactive and Engaging:** Using 500 interactive Cards and a range of other B-Mat and Creationary, and games to make training sessions enjoyable and effective.

**Qualified Trainers:** Sessions led by experienced cognitive trainers and trained facilitators.



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# COGNITIVE TRAINING PROGRAM FOR ACTIVE AGERS

## Program Structure

The cognitive training program will be structured into three phases for every beneficiary: Assessment, Training, and Evaluation.

### Phase 1: Pre-entry Assessment

- **Initial Cognitive Assessment:** Comprehensive testing to evaluate current cognitive abilities. Use of One-Brick Test.
- **Personalised Goal Setting:** Based on assessment results, establish specific, measurable goals for each participant.

### Phase 2: Training

- **Training Modules:** A series of interactive sessions over the course of 10 weeks, focusing on different cognitive skills.
- **Duration:** The program will run over 3-months, with at least 1 session per week, each lasting 1 hour each session.

### Phase 3: Evaluation

- **Progress Monitoring:** Regular Recording to track improvements and adjust training intensity as needed.
- **Final Evaluation:** Comprehensive testing at the end of the program to measure overall cognitive improvement. Using the same One-Brick Test
- **Feedback and Recommendations:** Provide participants with a detailed report on their progress and future recommendations for maintaining cognitive health.





# TRAIN-THE-TRAINER PROGRAM

## How does Train-the-Training Program work for individual Facilitator & Centre

By the end of the entire 3-part training, you will be able to deliver a curated weekly programme of fun activity with your own beneficiary or in a formal group setting in care homes. At the end of the training, you will conduct and be able to create your own programmes for different beneficiary.

### What are the benefits of Six Bricks Cognitive Training Program for an individual?

- Being recognised, equipped with the knowledge and skills of a playful modality
- Engage your beneficiary in fun activities
- Increase socialisation between beneficiaries and care-givers
- Enhance your experience and mental wellness as a volunteer or as caregiver
- Increase your employability in aged-care industry

### What are the benefits for care homes to adopt and implement the program?

- Enhance the care home experience for residents and families
- Upgrade the skills of your care professionals
- Engage residents in weekly fun activities
- Increase socialisation and mental health of residents



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# TRAIN-THE- TRAINERS PROGRAM

## Program Structure

The cognitive training program will be structured into three phases for every cognitive trainer: Knowledge, Skills, and Competency.

### Part 1: Knowledge Acquisition

In this foundational segment, participants will gain essential knowledge, skills, and competencies related to the theoretical understanding of our innovative methodology. This part is designed to equip facilitators with a solid grounding in cognitive development principles.

### Part 2: Program Implementation (Practicum)

Building on the knowledge gained in Part 1, this segment focuses on the practical implementation of the program. Participants will engage in hands-on activities that allow them to apply their learning in real-world contexts, ensuring they are well-prepared to facilitate cognitive training effectively.

### Part 3: Assessment and Support (Certification)

The final part of the training includes a brief assessment, complemented by coaching and mentoring. This supportive phase reinforces the learning experience, guiding participants as they navigate their hands-on, experiential training journey. Join us to enhance your skills and make a meaningful impact in cognitive development!



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# TRAIN-THE- TRAINERS PROGRAM

## Cognitive Development and Intervention Program

### Part 1 : Introductory Level

- Part 1: Imparting Knowledge ( 3 Days in-person training for this Introductory phase)

Dive into the world of cognitive development with our comprehensive 4-day introductory course. This foundational segment equips you with essential knowledge about cognitive decline, its causes, and its impact on individuals, especially older adults. You will explore current global research and innovative programs addressing cognitive challenges.

### What you will learn:

- **Understanding Cognitive Decline:** Gain insights into the symptoms and effects of cognitive decline on individuals.
- **Global Research Overview:** Familiarize yourself with best practices and groundbreaking approaches worldwide.
- **Introduction to CDIP:** Discover the Cognitive Development & Intervention Program (CDIP), its objectives, and methodologies.
- **Level 1 and Level 2 Certification:** Complete certifications that validate your understanding and ability to implement the program effectively, enhancing your professional credentials.
- **30 Engaging Activities:** Participate in 30 activities specifically designed to build core cognitive functions through spatial awareness, midline crossing, and bilateral integration —key pillars of the program's unique success.





# TRAIN-THE-TRAINERS PROGRAM

## Part 2 : Skills Component

- Part 2: Harnessing Confidence and Skills (3 Months Practicum)
- Duration: [Any 3-months period]
- Includes: Starter Kit Purchase, 6hrs online training, group and individual Mid-Term Review & individual coaching

After mastering foundational knowledge, continue your journey with a 3-month practicum focused on developing practical skills. Engage in hands-on experiences that allow you to apply the key emphases of cognitive training in real-world contexts.

## What you will learn

- **Hands-On Activities:** Simulate cognitive challenges to foster empathy and compassion.
- **Ongoing Review and Monitoring:** Benefit from continuous support and feedback throughout your practicum.
- **Starter Kit: Include** your essential Starter & resource Kit to implement what you've learned.

## Useful for

- Educators
- Social workers
- Program coordinators
- Counsellors
- Psychotherapists
- Caregivers
- Occupational therapists
- Facilitators
- Parents
- Daycare Managers
- Active Agers
- Trainers
- career seekers
- Volunteers



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# TRAIN-THE-TRAINERS PROGRAM

## Part 3: Competency Component

- Part 3: Mastering Competency (Assessment & Certification)
- Duration: [ Upon completion of practicum]

Conclude your training with our Competency Assessment phase, where you will demonstrate your skills through coaching, video submissions, and reflective practice. Upon successful completion, you will receive a Certificate of Competency, empowering you to run the program effectively with your Starter Kit.

## What to Expect:

- **Comprehensive Assessment:** Showcase your understanding and application of the program.
- **Coaching and Feedback:** Receive personalized guidance to enhance your skills.
- **Certification:** Obtain official recognition to lead cognitive development initiatives.

## Useful for

- Educators
- Social workers
- Program coordinators
- Counsellors
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## BUILD YOUR OWN CUSTOMISED PROGRAM

No one size fits all

## Customised Curriculum Design and Consultation

Our customized cognitive training program is tailored to your organization's unique needs. We align the training based on your target learners, learning outcomes, and priority areas, which may include memory, processing speed, communication, self-regulation, and learning difficulties for all ages. Our consultation process ensures the training framework meets your organizational goals and audience requirements. By integrating targeted activities based on these insights, participants enhance their cognitive abilities meaningfully. Whether your priority is improving memory, increasing processing speed, enhancing communication, fostering self-regulation, or supporting learning difficulties, our program can be customized to address your specific needs. We develop a tailored solution that empowers individuals, strengthens teams, and contributes to your organization's success.

Ready to transform your organization?

- Contact us today to schedule a consultation and discover how our customized cognitive training program can meet your unique needs. Together, we can empower your team and enhance overall performance!



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# TRAIN-THE- TRAINERS PROGRAM

## Why Choose Our Program?

This comprehensive 3-part training program equips facilitators with the essential knowledge and skills needed to implement our innovative cognitive development methodology confidently. Part 1 focuses on theoretical understanding, while Part 2 emphasizes hands-on application. The program concludes with a brief assessment, paired with coaching and mentoring, to support participants throughout their experiential learning journey. Join us to enhance your skills and make a meaningful impact in cognitive development, ensuring you are well-prepared to facilitate effectively..

- **Expert Instructors:** Learn from experienced professionals in the field of cognitive development.
- **Flexible Learning:** Our structured approach allows you to learn at your own pace while receiving ongoing support.
- **Impactful Learning Experience:** Equip yourself with the knowledge and skills to make a difference in the lives of individuals facing cognitive challenges.

### Enroll Today!

For more information and to register, visit or contact us [info@ardentenglish.com.sg](mailto:info@ardentenglish.com.sg)

Join us on this transformative journey and empower yourself to support cognitive development effectively!



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# MEET-THE TRAINER

Miss Pesvien Neo

## Hello!

I'm Pesvien Neo, Founder of Ardent English Learners & Ardent Training Academy and a specialist in cognitive training and play-based learning. I'm dedicated to creating impactful, evidence-based learning experiences that enhance cognitive skills across all ages.

## My Education

I hold a BA in English Language from the UK and an MA in Adult Education from the University of Melbourne. I'm also a certified Adult Educator and a certified Six Bricks Facilitator.

## My Experience

I've worked as an English Language Trainer with the Ministry of Education, Singapore, and developed programs in cognitive intervention and LEGO® Play Therapy. Currently, I'm conducting Six Bricks Certified Training, piloting programs, conducting action research with a school in Northern Ireland, and designing customized curricula for various sectors in Singapore and overseas

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# Ardent Training Academy

## LEGO Workshops & Training

### Our Ardent Journey

We are a training company, based in Singapore, specialising in cognitive core skills and critical soft skills development for all ages.

#### Milestones:

**2012**

Ardent began training young people in English for critical thinking, reading and writing.

**2016**

We developed curriculum on executive functional skills development such as spatial awareness, working memory and concentration skills.

**2019**

We started integrating LEGO and Six Bricks into all curriculum to advocate Learning Through Play.

**2020**

We received endorsement by Singapore SkillsFuture and WSQ to expand into adult and public training as a WSQ Training Partner.

**2023**

Ardent completed a Cognitive Decline Intervention Programme (CDIP) pilot research programme using LEGO Six Bricks.

**2024**

Today, Ardent Training Academy develops customised programs & facilitates soft skills workshops for both personal development and corporate organisational engagement. Embark on overseas partnership.

**Soaring with The 'Power of Play'**

