

Eastwood Montreux **Short Programs Portfolio** 

2025-2026













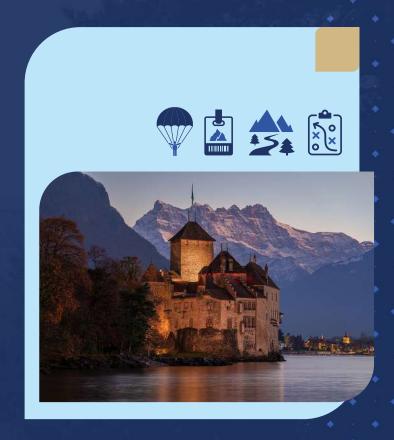




## Overview

Eastwood Montreux offers three distinctive short programs (1-2 weeks) designed to support student development through academic enhancement, resilience building, and life purpose exploration.

Each program combines structured learning with alpine activities to create transformative experiences for groups ranging from 15 to 50+ participants.

















# IB Excellence Intensive



**Key Components** 

Academic Support 10 hours of specialized IB training (1-week program) or 20 hours (2-week program)

Personal Development Additional lectures on selfawareness and resilience, specifically tailored to testtaking success, given by trained coaches and educators

Elite Instruction Led by specialized IB trainers, many of whom are IB examiners

Proven Excellence Instructors from Eastwood Global Online, which achieves an average IB score of 39

## **Skills Development**

Test-taking strategies and self-regulation techniques

#### **Seasonal Activities**

Winter: 3 days of skiing integrated into the program

Fall/Spring: Alpine hiking, outdoor leadership activities

## **Online Learning**

Supplementary digital lectures and resources



#### **Duration** 1 or 2 weeks



### **Target Audience**

IB students seeking academic enhancement, 16-18-year-olds

## **Group Size**

15-50+ participants

















# IB Excellence Intensive



**Program Benefits** 

Learn from IB examiners who understand exactly what earns top scores

Benefit from teaching methods that produce exceptional results (39 average vs. 30 global average)

**Develop mental resilience** and self-awareness for exam excellence

Intensive IB curriculum support in a focused environment



and exam strategies

Balance of academic rigor with outdoor recreation

Scalable format accommodates both intimate and larger groups





















# Resilience & Courage



**Key Components** 

3 Pillars of Resilience

#### Mental

Mindfulness, stress management, cognitive flexibility

#### **Emotional**

Self-awareness, emotional regulation, interpersonal skills

#### **Physical**

Fitness challenges, outdoor activities, wellness practices **Enhanced Learning** Comprehensive lectures on personal development and self-awareness integrated throughout the resilience curriculum

Methodology Based on proven resilience frameworks grounded in positive psychology, cognitive behavioral therapy, neuroscience, and executive coaching principles

**Experiential Learning** Alpine challenges that build confidence and courage

**Group Dynamics** Team-building exercises and peer support networks



#### **Duration** 1 or 2 weeks



## **Target Audience**

Students ready to cultivate resilience for all life's challenges, 12-18-year-olds

## **Group Size**

15-50+ participants

















# Resilience & Courage



**Program Benefits** 

**Evidence-based resilience training** adapted for young adults

Scientifically grounded approaches from multiple psychological disciplines

Deep focus on self-awareness as foundation for lasting resilience

Practical tools for managing academic and life pressures

Physical challenges that translate to mental strength

**Lasting peer connections** and support systems





















# Design Your Life



**Key Components** 

Life Design Methodology Based on Stanford's successful life design approach, specially adapted for teenagers

**Self-Discovery** Values clarification, strengths assessment, passion exploration

Future Planning Goal setting, decisionmaking frameworks, action planning

Mentorship One-on-one coaching sessions with experienced advisors

**Real-World Application** Case studies, quest speakers, practical exercises



**Duration** 1 or 2 weeks



## **Target Audience**

Students exploring life direction and career paths, 16-18-year-olds

## **Group Size**

15-50+ participants

















# Design Your Life



**Program Benefits** 

**Proven Stanford methodology** tailored for teen development

Clear framework for making important life decisions

Personalized roadmap for education and career choices **Tools for ongoing** self-reflection and adaptation

**Connection between** personal values and life choices

















Programs 1, 2 & 3

# All Programs Include



**Key Shared Elements** 

Comfortable accommodation at Eastwood Montreux

Healthy, nutritious meals

Access to wellness facilities

**Evening reflection and** social activities

**Experienced facilitators** and support staff

Certificate of completion

Flexible Group Formats

Small Groups (15-25)

Intimate setting with maximum personalized attention

Medium Groups (30-40)

Balance of individual focus and dynamic group energy

Large Groups (50+)

Vibrant community experience with diverse perspectives

















**Our Campus** 

# Eastwood Montreux

# **Switzerland**























# **Unique Value Proposition**

**Eastwood Montreux short programs** combine academic excellence, personal development, and alpine adventure in a **supportive environment.** Students leave with practical skills, renewed confidence, and clarity about their path forward.



















Spaces are limited. Scan the QR code to learn more and reserve your spot











