



core
institute

Where performance meets potential.

vision

The Core Institute seeks to change the world by inspiring individuals of all ages to achieve their maximum physical and cognitive potential!



mission

Our Mission is to change children's lives, one family at a time, by inspiring personal growth through building motor and intellectual foundations.



values

Our core values are enthusiasm, efficiency, integrity, wellness and compassion.



S U C C E S S



The Core Institute is dedicated to helping students reach their maximum physical and intellectual potential.

We understand that you want the most for and from your children.

So when they're doing poorly in school despite their capabilities, suffering from self-esteem issues or mired in behavioral problems, your relationship becomes a struggle. We can help you find a more peaceful path to parenting -- and give your child the tools to find genuine success in an increasingly competitive and complex world. But our programs aren't just for students who are falling behind -- anyone can benefit from building stronger core athletic and academic foundations. Join us on the journey into the heart of your child's potential!

WHERE PERFORMANCE MEETS POTENTIAL

performance



The body is a child's greatest tool for unlocking the mind's potential. Research proves that this connection is key to a child's development. The Core Institute is committed to strengthening bodies, minds and attitudes to build on your child's unique talents.

Our fun approach to improving motivation, confidence and core skills ensures your child will find greater success and raise performance to the next level -- whatever that may be. Students work with a team of certified therapists, educators and personal trainers to achieve their maximum physical and intellectual potential. We encourage parents to be a part of the success that the entire family can be proud of.

THE MIND-BODY CONNECTION

a c h i e v e m e n t



Sustained exercise increases brain mass and literally changes brain chemistry to improve learning. Our sports development center focuses on maximizing athletic skills including core strengthening, speed, agility, endurance, balance, plyometrics, eye/hand/foot coordination, fitness, timing, sequencing and focused attention. Strong physical core foundations lead to increased confidence, self-esteem and maximum performance! The Core Institute has a 5,000-square-foot facility with two training gyms -- The Jungle Gym for younger children, and The Vortex, a sports performance gym for older students. We also partner with team coaches to create individualized programs for your child.

FIND YOUR CHILD'S ATHLETIC POTENTIAL

potential



Our mission is simple: We want every child to feel smarter and find school to be easier. Our academic development center focuses on strengthening core intellectual skills for maximum performance in school. We offer enrichment classes for gifted and talented students as well as academic “boot camps” to facilitate specific skill building, including multiplication, spelling, writing, phonics and reading comprehension. Whether your child has behavioral issues in school or has high potential but seems to have falling levels of performance, we can help them find success and enjoy learning!

FIND YOUR CHILD’S ACADEMIC POTENTIAL

c o r e



Is your child struggling in school? Suffering from anxiety or hyperactivity, impulsiveness or poor listening skills?

Does your child avoid athletics, see himself as "failing," express a lack of enjoyment of school or even of life? Every child deserves a chance to rejoice in learning. We can help them discover their potential for success and learn to believe in themselves. Our comprehensive assessments and dynamic academic therapy programs strengthen the whole child from the inside out. Our program strengthens the most crucial foundational systems in the body. The strength, balance and cooperation of these systems is essential for children to achieve their full physical, intellectual and behavioral potential.

MAP OUT A PLAN FOR SUCCESS

h o p e



We hope to make it unnecessary for a child to have to take prescription medications to find success in school. In many cases, parents and children have a healthier, research-based option. We are a resource for physicians who work with ADHD-related learning and behavioral issues. Let The Core Institute help your child maximize his or her physical and cognitive potential. All children deserve a chance to make their dreams come true! Call us today for a comprehensive evaluation: 803.469.CORE (2673)

FIND AN ALTERNATIVE TO MEDICATION

peace



The Core Institute wants to teach parents how to change their focus from what's wrong to what's right -- because you're an essential element in your child's success. Children don't come with instruction manuals, and being an excellent parent is often a challenging task.

We want parenting to be peaceful, so we provide parents with the tools they need to be happy, to become more effective and truly enjoy the job of parenting. We also offer individualized parent coaching for families with challenging children who have behavior and motivation issues. The Core Institute -- it's where the entire family can find hope and help!

partnership



The Core Institute offers academic and sports development programs for home school families. To maximize your home school student's physical development, we offer physical fitness, sports performance training and sensory motor development classes. We also offer academic development classes including phonics, spelling, writing, reading comprehension and math skills development. Whatever your home school curriculum needs, The Core Institute is here as your partner in education. Call us today and let us show you how to take your child's athletic and academic performance to the next level: 803.469.CORE (2673).

ENRICH YOUR HOME-BASED SCHOOL PROGRAM

c o m m u n i t y



The Core Institute recognizes the importance of collaboration with the community's education system. Our award-winning programs and staff development trainings have been implemented throughout South Carolina to maximize academic success in schools. Our response to intervention curriculums, staff development training and consultation services feature brain-based learning strategies, inquiry teaching styles and the integration of movement with the delivery of instruction to increase student attention and teacher effectiveness.

THE TOOLS OF ENGAGEMENT

integrity



The Core Institute has more than 30 years of combined experience. Our programs feature the nationally recognized Lindamood-Bell Learning Processes for reading and math. We also offer the award-winning Handwriting without Tears curriculum. Our sports training professionals have coached high school, region and elite athletes. In 2007-'08, the Institute was awarded the prestigious International Jensen Learning Award for the best brain-based implementation program. Other honors include the Golden Apple Award for most improved student outcome in reading and math and The Leap Frog Award for student health and wellness. To create your own success story, call 803-469-CORE (2673)

DISCOVER THE POSSIBILITIES WITH A PROVEN PROGRAM!

t e a m w o r k

the core foundation

My journey into parenthood has been filled with life lessons. Like most parents, my greatest desire was for my children to be happy and find success in life. My son chose to take the road less traveled to get there. From conception, his life seemed to be difficult. Years of fertility interventions and a difficult labor finally led to his welcomed arrival. The chaos began almost instantly -- colic, no naps, picky eating, surgery, biting and other taboo behaviors, all of which led to our first medical evaluation before he began kindergarten.

Out of sheer desperation and with much sadness we began trying to medicate the problem. This was no easy solution and led to multiple medications, hospitalizations, depression, and extreme frustration and fear. Further testing revealed that he was gifted, which led to even greater frustration over the huge gap between his performance and his potential.

I became passionate about finding peace for my son and our family. I realized that medicine seemed to be a Band-Aid for our problem and I needed to go deeper to find sustainable success. Divine intervention placed my son in Brent Petersen's fifth-grade class at the Center for Inquiry. Instantly it was obvious that the right learning environment could create miracles. At that moment I realized my son's grades and behaviors were the fruit of his tree and he was lacking a strong root system. This was the birth of Core Possibilities, the place to develop strong roots.

Brent's classroom was nurturing, dynamic and brain friendly. My son began finding the academic success he was capable of but still struggled with sustained attention. Further research and my background as a therapist revealed that exercise, sensory-motor development and nutrition are the best tools to change brain chemistry and increase processing skills. Together with Dori Gilbert and other amazing educators and therapists, we assembled a comprehensive program that helped not only my son but the performance of every student who has participated in the program – including those who were already achieving at high levels.

The rest of the story is Core history. Today, my son is a medication-free, happy, fun-loving A/B honor roll student who is a starting lineman for his undefeated football team! He is having fun dreaming about his limitless future possibilities.

We look forward to being a part of your "dream team"!

Cindy Charles

CINDY CHARLES, MA OTR/



L, BCP is an occupational therapist, personal trainer, and certified AFPA nutrition and wellness counselor.

She has over 20 years' experience in the medical and education settings, and achieved a National Board Specialty Certification in Pediatric Therapy in 1999.

Cindy is also a certified Level 1 instructor in Pilates and yoga. She has lectured and won awards at the local, state and national levels. Her passion is educating teachers, parents and students on strategies to maximize individual potential through nutrition, exercise and sensory skill development.

BRENT PETERSEN, MA Ed, received his bachelor's degree



in psychology and a master's in elementary education from the University of South Carolina. He has

taught inquiry education and presented both at the state and national level for more than 10 years. Brent has an extensive fitness and coaching background and AFPA certifications in Personal Training, Sports Conditioning and Children's Fitness. Brent is a former semi-pro volleyball player and has coached winning teams at the high school and elite club levels.



THE CORE INSTITUTE

1224 alice drive

sumter, south carolina 29150

803.469.CORE (2673)

www.corepossibilities.com