



BY ASPINTOA®

DIALOGIS®

— *Courage to Speak* —

LIFELONG LEARNING SYSTEM 2

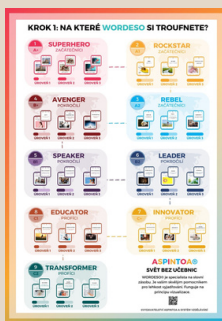


SÁRKA KRÁLÍČKOVÁ

The creator of the Aspintoa® Lifelong Learning System. She represents the global lifelong learner, blending innovation with technology to inspire self-directed learning and critical thinking.

“It takes courage to do great things.”

SYSTEM 1 + SYSTEM 2 + SYSTEM 3 + SYSTEM 4



From Traditional to Transformational

Our goal is to transform learning through innovative methods and approaches. We create environments that promote interactivity, two-way communication, collaboration, and creativity, making learning an engaging and effective experience.

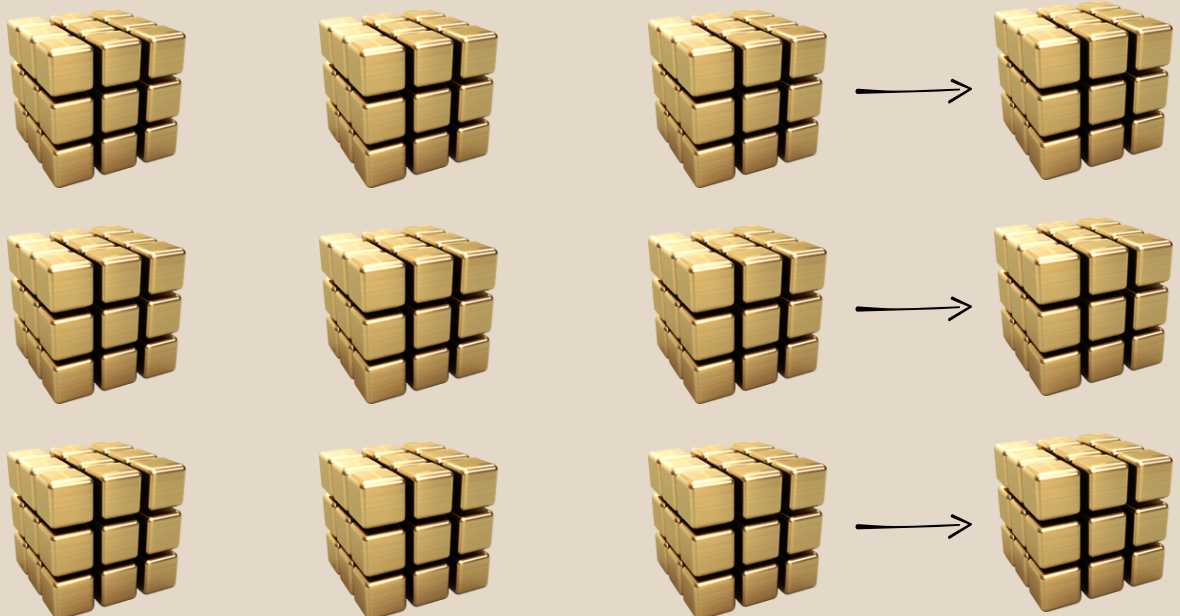
Sárka
Králíčková

*From Sárka
with love*

www.aspintoa.com

LIFE SKILLS SYSTEM

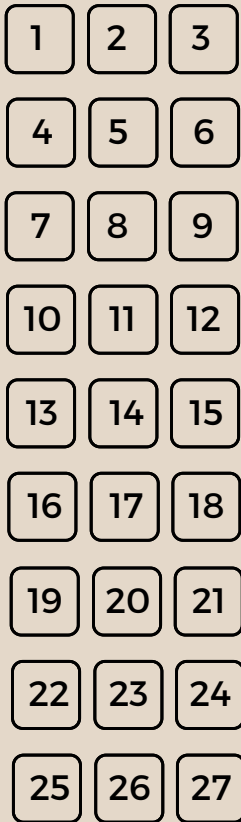
COMMUNICATION SKILLS		+	SOFT SKILLS		+	LEADERSHIP SKILLS		+	ENTREPRENEURSHIP SKILLS										
A - A2			B - B2			C - C2			D - D2										
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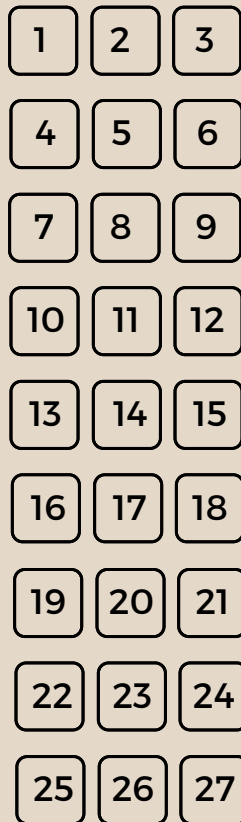
4D LEARNING

by Sarka Kralickova

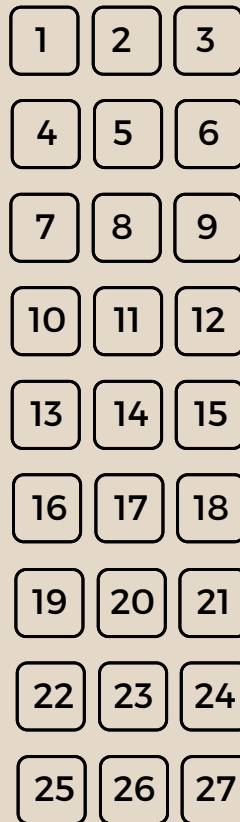
WORDESO® +
The Courage to Think



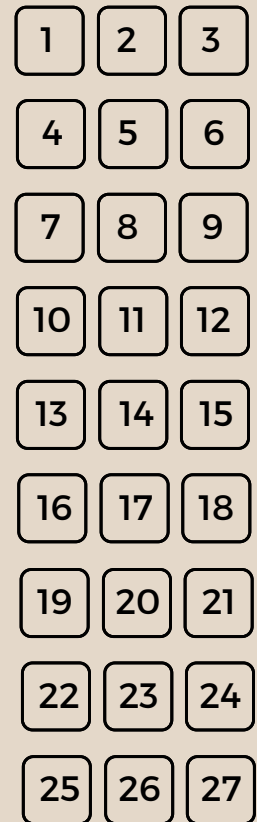
DIALOGIS® +
The Courage to Speak



GRAMMAX® +
The Courage to Change



INFITY®
The Courage to Lead



COLLABORATION + COMMUNICATION + CRITICAL THINKING + CREATIVITY



IQ

+



EQ

+



SQ

+



PQ

DIALOGIS® 1

The Courage to Speak

LIFE SKILLS TOPICS A:

1. Object Identification and Usage
2. Understanding and Caring for Animals
3. Counting and Managing Quantities
4. Recognizing and Using Colors
5. Navigating Locations and Spatial Awareness
6. Understanding and Interacting with People
7. Responding to Weather Conditions
8. Identifying and Caring for Body Parts
9. Performing and Understanding Actions
10. Building and Managing Relationships





DIALOGIS® 2

The Courage to Speak

LIFE SKILLS TOPICS A:

1. Understanding and Using Numbers
2. Recognizing and Applying Colors
3. Caring for and Learning About Animals
4. Identifying and Taking Care of Body Parts
5. Selecting and Using Clothing
6. Adapting to Different Weather Conditions
7. Recognizing and Utilizing Shapes
8. Identifying and Managing Emotions
9. Making Healthy Choices with Food and Drink
10. Organizing and Using Household Items



DIALOGIS® 3

The Courage to Speak

LIFE SKILLS TOPICS A:

1. Understanding Numbers and Colors
2. Exploring Ocean Animals and Their Habitats
3. Identifying and Caring for Body Parts
4. Organizing Classroom Items and Activities
5. Recognizing Shapes and Colors
6. Adapting to Weather
7. Describing Family Members and Their Roles
8. Recognizing and Managing Emotions
9. Making Healthy Choices with Food
10. Understanding Occupations



DIALOGIS® 4

The Courage to Speak

LIFE SKILLS TOPICS A1:

1. Caring for and Learning About Animals
2. Choosing and Using Clothing Appropriately
3. Making Healthy Choices with Food and Drinks
4. Understanding and Taking Care of Body Parts
5. Navigating Family Relationships and Dynamics
6. Organizing and Using School Supplies Effectively
7. Participating in Sports and Games
8. Exploring and Playing Musical Instruments
9. Connecting with Nature
10. Managing Daily Activities and Routines





DIALOGIS® 5

The Courage to Speak

LIFE SKILLS TOPICS A1:

1. Establishing Effective Daily Routines
2. Understanding and Using Numbers and Dates
3. Managing Household Chores Efficiently
4. Organizing and Utilizing Rooms and Furniture
5. Navigating Transportation Options and Safety
6. Connecting with Nature
7. Choosing Appropriate Clothing and Dressing Properly
8. Engaging in Positive Social Interactions
9. Recognizing and Managing Emotions and Reactions
10. Incorporating Physical Activities into Daily Life





DIALOGIS® 6

The Courage to Speak

LIFE SKILLS TOPICS A1:

1. Navigating Locations and Providing Descriptions
2. Engaging in and Understanding Activities
3. Expressing Preferences and Making Comparisons
4. Describing and Identifying Objects and Situations
5. Understanding Weather
6. Sharing Personal Experiences and Opinions
7. Exploring Jobs and Professions
8. Prioritizing Health and Managing Emotions
9. Making Plans and Preparing for Future Actions
10. Understanding Behavior and Reactions





DIALOGIS® 7

The Courage to Speak

LIFE SKILLS TOPICS A2:

1. Caring for Animals and Pets
2. Adapting to Seasons and Weather Conditions
3. Navigating School Subjects and Extracurricular Activities
4. Choosing and Understanding Clothing and Fashion
5. Organizing Daily Routines and Activities
6. Planning and Enjoying Travel and Holidays
7. Using Household Items and Understanding Materials
8. Participating in Sports and Competitions
9. Engaging with Entertainment and Media
10. Exploring Personal Preferences and Sharing Experiences



DIALOGIS® 8

The Courage to Speak

LIFE SKILLS TOPICS A2:

1. Exploring Music and Attending Concerts
2. Learning About Famous People
3. Understanding Instruments
4. Engaging with Entertainment
5. Pursuing Hobbies: Chess and Collecting
6. Cooking and Making Healthy Food Choices
7. Planning Travel and Choosing Accommodation
8. Participating in Sports and Physical Activities
9. Adapting to Weather and Seasonal Changes
10. Setting Future Plans and Making Predictions



DIALOGIS® 9

The Courage to Speak

LIFE SKILLS TOPICS A2:

1. Navigating Public Transportation Systems
2. Understanding Emergency Services and Their Roles
3. Learning About Road Systems and Traffic Management
4. Exploring Space Exploration and Its Impacts
5. Studying Historical Structures and Their Significance
6. Understanding Factories and Production Processes
7. Exploring Modern Architecture and Design Trends
8. Addressing Environmental Issues and Sustainability
9. Engaging with Media and Entertainment Choices
10. Exploring Personal Preferences and Sharing Experiences





DIALOGIS® 10

The Courage to Speak

LIFE SKILLS TOPICS B:

1. Establishing and Maintaining Personal Routines and Habits
2. Building and Engaging with Online Communities
3. Setting and Achieving Personal and Professional Goals
4. Pursuing Learning and Self-Improvement Opportunities
5. Managing Financial and Emotional Challenges
6. Navigating Social Media Interaction and Influence
7. Planning and Enjoying Travel and Vacation
8. Strengthening Family Relationships and Social Connections
9. Fostering Professional Development and Entrepreneurship
10. Promoting Personal Growth and Enhancing Self-Awareness





DIALOGIS® 11

The Courage to Speak

LIFE SKILLS TOPICS B:

1. Fostering Personal Growth and Self-Improvement
2. Understanding the Impact of Relationships
3. Navigating Technology and Social Media Usage
4. Exploring Education and Learning Experiences
5. Clarifying Career Aspirations and Job Preferences
6. Planning Travel, Leisure, and Lifestyle Choices
7. Managing Family Dynamics
8. Prioritizing Mental and Emotional Well-being
9. Addressing Social Issues and Formulating Opinions
10. Setting and Achieving Future Goals and Aspirations





DIALOGIS® 12

The Courage to Speak

LIFE SKILLS TOPICS B:

1. Personal Empowerment and Influence
2. Skill Development and Practice
3. Managing Possibility and Risk
4. Knowledge Sharing and Exploring Interests
5. Habit Formation and Making Changes
6. Learning from Failure and Adapting
7. Finding Enjoyment and Leisure Activities
8. Cultivating Effort and Motivation
9. Enhancing Decision-Making Processes
10. Improving Productivity and Time Management





DIALOGIS® 13

The Courage to Speak

LIFE SKILLS TOPICS B1:

1. Navigating Personal Criticism and Self-Perception
2. Managing Daily Life and Establishing Routines
3. Exploring Education and Academic Experiences
4. Clarifying Career Aspirations and Making Professional Choices
5. Building and Maintaining Social Relationships and Friendships
6. Pursuing Hobbies, Interests, and Entertainment
7. Making Lifestyle Choices and Defining Personal Preferences
8. Achieving Financial Independence and Managing Support
9. Prioritizing Health and Well-being
10. Setting and Working Towards Future Goals and Aspirations





DIALOGIS® 14

The Courage to Speak

LIFE SKILLS TOPICS B1:

1. Enhancing Productivity
2. Addressing Personal Challenges
3. Exploring Cultural Experiences
4. Managing Financial Considerations
5. Building and Nurturing Social Relationships
6. Prioritizing Health, Lifestyle, and Overall Well-being
7. Navigating Ethical and Social Issues
8. Engaging in Hobbies, Interests, and Entertainment
9. Pursuing Continuous Self-Improvement
10. Setting and Achieving Future Goals and Ambitions





DIALOGIS® 15

The Courage to Speak

LIFE SKILLS TOPICS B1:

1. Understanding Power and Influence Dynamics
2. Practicing and Developing Skills Effectively
3. Evaluating Possibility and Managing Risk
4. Sharing Knowledge and Expanding Expertise
5. Forming and Changing Habits for Better Behavior
6. Learning from Failure and Using It for Growth
7. Finding Enjoyment and Leisure in Life
8. Cultivating Effort and Motivation for Success
9. Improving Decision-Making Skills
10. Enhancing Productivity and Time Management





DIALOGIS® 16

The Courage to Speak

LIFE SKILLS TOPICS B2:

1. Building Empowerment and Enhancing Self-Esteem
2. Setting and Pursuing Aspirations and Ambitions
3. Understanding and Addressing Social and Economic Issues
4. Navigating Globalization and Its Effects
5. Effectively Using Social Media and Communication Tools
6. Prioritizing Health, Lifestyle, and Personal Growth
7. Navigating Relationships and Social Dynamics
8. Ethical Decision-Making and Addressing Controversial Issues
9. Reflecting on Personal Achievements and Learning from Failures
10. Planning Travel, Gaining Experiences, and Understanding Preferences





DIALOGIS® 17

The Courage to Speak

LIFE SKILLS TOPICS B2:

1. Navigating Career and Job-Related Questions
2. Exploring and Understanding Personal Preferences
3. Observing and Analyzing Social and Cultural Trends
4. Managing Technology and Media Influence
5. Pursuing Self-Improvement and Personal Growth
6. Building and Maintaining Healthy Relationships
7. Setting and Achieving Life Goals and Aspirations
8. Prioritizing Health and Adopting a Balanced Lifestyle
9. Addressing Ethics and Navigating Controversial Issues
10. Exploring Travel, Leisure, and Personal Interests





DIALOGIS® 18

The Courage to Speak

LIFE SKILLS TOPICS B2:

1. Understanding Radicalization and Extremism
2. Addressing Weapon Use and Public Safety Concerns
3. Participating in Occupy Movements and Protests
4. Recognizing the Consequences of Violating Rules
5. Exploring Military Service and the Lives of Troops
6. Building and Maintaining Ally Relationships and Trust
7. Forming and Defending Personal Stances
8. Understanding Peacekeeping Roles and Experiences
9. Analyzing the Impact of Economic Sanctions
10. Managing Health and Navigating Medical Issues





DIALOGIS® 19

The Courage to Speak

LIFE SKILLS TOPICS C:

1. Effective Parenthood and Child-Rearing Techniques
2. Providing Guidance and Support for Growth
3. Cultivating Patience in Parenting and Teaching
4. Nurturing Emotional and Physical Development
5. Implementing Discipline Strategies and Techniques
6. Understanding and Supporting Developmental Milestones
7. Applying Educational Approaches and Methods
8. Integrating Technology in Education
9. Promoting Personal Growth and Self-Improvement
10. Navigating and Enhancing Family Dynamics





DIALOGIS® 20

The Courage to Speak

LIFE SKILLS TOPICS C:

1. Caring for Newborns: Essential Techniques and Practices
2. Understanding and Tracking Developmental Milestones
3. Supporting Toddler Development: Growth
4. Facilitating Preschool and Early Learning Experiences
5. Navigating the Teenage Years: Challenges and Support
6. Transitioning to Young Adulthood: Skills and Independence
7. Managing Family Dynamics: Communication
8. Prioritizing Health and Wellness Across Life Stages
9. Fostering Effective Education and Lifelong Learning
10. Promoting Personal Growth and Continuous Development





DIALOGIS® 21

The Courage to Speak

LIFE SKILLS TOPICS C:

1. Growing Together: Fostering Collaborative Development
2. Building a Sense of Belonging: Creating Inclusive Environments
3. Maintaining Patience: Techniques for Managing Stress
4. Expressing Love Openly: Enhancing Emotional Communication
5. Recognizing Effort: Encouraging Achievements
6. Promoting Self-Reflection: Techniques for Personal Insight
7. Encouraging Aspirations: Supporting Goal Setting
8. Providing Emotional Safety: Creating a Supportive
9. Establishing Routines: Building Consistency and Structure
10. Offering Choices: Empowering Decision-Making and Autonomy





DIALOGIS® 22

The Courage to Speak

LIFE SKILLS TOPICS C1:

1. Understanding Neuroeducation: Applying Brain Science to Learning
2. Enhancing Cognitive Processes: Strategies for Improved Thinking
3. Utilizing Brain-Based Learning: Techniques for Effective Education
4. Leveraging Neuroplasticity: Adapting to and Encouraging Brain Change
5. Improving Memory Retention: Techniques for Better Recall
6. Identifying and Utilizing Learning Styles: Tailoring Education to Individual Needs
7. Incorporating Educational Technology: Tools and Resources for Modern Learning
8. Implementing Personalized Learning: Customizing Education for Each Learner
9. Applying Gamification: Using Game Elements to Increase Engagement
10. Adopting Adaptive Learning: Adjusting Instruction to Meet Learner Needs





DIALOGIS® 23

The Courage to Speak

LIFE SKILLS TOPICS C1:

1. Building Positive Teacher-Student Relationships: Strategies and Benefits
2. Providing Emotional and Social Support in Educational Settings
3. Enhancing Classroom Engagement: Techniques for Active Participation
4. Implementing Inclusive Education: Strategies for Diverse Learners
5. Fostering Motivation and Encouragement: Inspiring Students to Succeed
6. Improving Communication and Collaboration: Effective Practices in Education
7. Promoting Student Well-being: Addressing Physical, Emotional, and Mental Health
8. Utilizing Effective Teaching Methods and Strategies: Best Practices for Instruction
9. Pursuing Professional Development: Continuing Education for Educators
10. Cultivating a Positive School Culture and Environment: Building a Supportive Community





DIALOGIS® 24

The Courage to Speak

LIFE SKILLS TOPICS C1:

1. Exploring Infinite Possibilities: Embracing Opportunities and Potential
2. Fostering Growth and Evolution: Personal and Professional Development
3. Encouraging Innovation and Creativity: Generating New Ideas and Solutions
4. Building Adaptability and Resilience: Navigating Change and Overcoming Challenges
5. Driving Transformation and Progress: Leading and Embracing Change
6. Engaging in Exploration and Expansion: Seeking New Experiences and Knowledge
7. Cultivating Vision and Forward-Thinking: Planning for the Future
8. Providing Mentorship and Empowerment: Supporting Growth in Others
9. Enhancing Communication and Feedback: Effective Interaction and Improvement
10. Pursuing Continuous Personal and Professional Development





DIALOGIS® 25

The Courage to Speak

LIFE SKILLS TOPICS C2:

1. Cultivating Personal Motivation and Energy: Strategies for Sustained Drive
2. Approaching Problem-Solving and Building Resilience: Techniques for Overcoming Challenges
3. Understanding the Impact of Social Media and Information Consumption: Managing Online Presence
4. Focusing on Self-Improvement and Personal Development: Pathways to Growth
5. Managing Emotional Responses and Mental Health: Techniques for Emotional Well-being
6. Reflecting on Career and Job-Related Experiences: Assessing and Planning for Professional Growth
7. Navigating Relationships and Social Interactions: Building and Maintaining Healthy Connections
8. Exploring Philosophy and Worldview: Developing Personal Beliefs and Perspectives
9. Making Informed Lifestyle Choices and Establishing Daily Habits: Creating a Balanced Life
10. Addressing Challenges and Developing Effective Coping Strategies





DIALOGIS® 26

The Courage to Speak

LIFE SKILLS TOPICS C2:

1. Developing Leadership Skills and Frameworks: Strategies for Effective Leadership
2. Understanding the Impact and Influence of Corporations: Navigating Corporate Environments
3. Crafting a Personal Vision and Setting Long-Term Goals: Planning for the Future
4. Pursuing Self-Improvement and Personal Development: Pathways to Continuous Growth
5. Navigating Workplace Dynamics and Strategies: Enhancing Professional Interactions and Success
6. Improving Decision-Making and Autonomy: Making Informed Choices and Building Independence
7. Addressing Challenges and Building Resilience: Overcoming Obstacles and Adapting
8. Enhancing Communication and Interpersonal Relationships: Building Strong Connections
9. Clarifying Career Aspirations and Planning for Professional Growth: Setting and Achieving Career Goals
10. Understanding Ethics and Values in Business: Navigating Ethical Dilemmas and Upholding Integrity





DIALOGIS® 27

The Courage to Speak

LIFE SKILLS TOPICS C2:

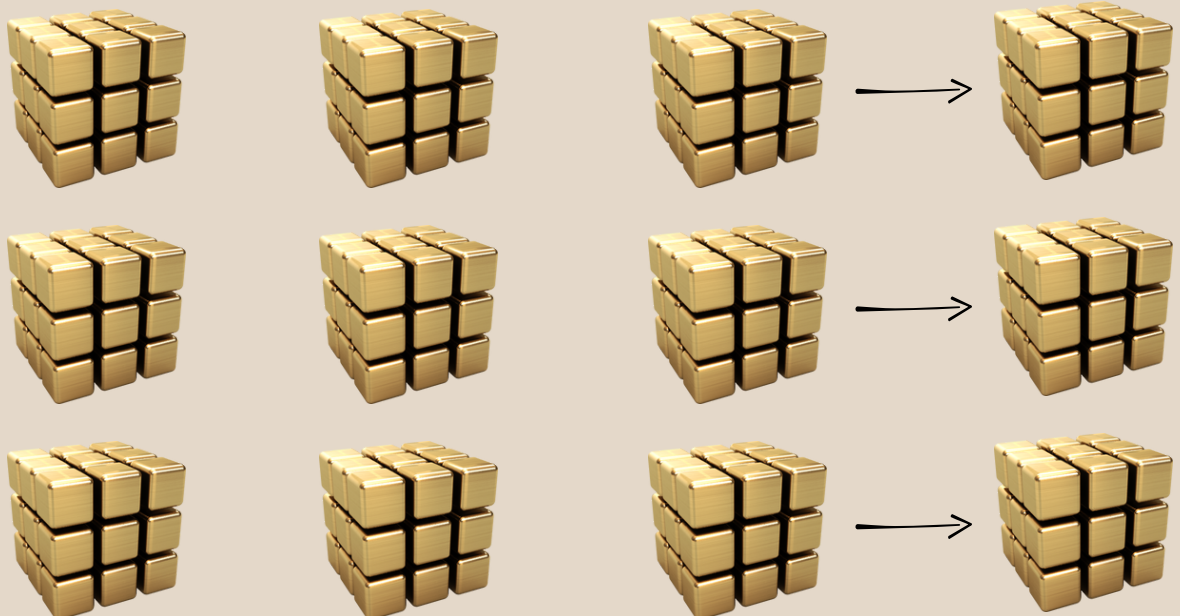
1. Enhancing Use of English and Communication Skills at Work: Effective Communication Techniques
2. Understanding Technology and Its Impact on Professional Life: Adapting to Technological Changes
3. Pursuing Personal Development and Managing Life Changes: Strategies for Growth and Transition
4. Managing Workplace Challenges and Task Management: Overcoming Obstacles and Organizing Tasks
5. Developing Flexibility, Adaptability, and Problem-Solving Skills: Navigating Change and Finding Solutions
6. Improving Team Dynamics and Leadership: Building Effective Teams and Leading Successfully
7. Implementing Personal and Professional Growth Strategies: Planning and Achieving Development Goals
8. Managing Stress and Achieving Work-Life Balance: Techniques for Maintaining Well-being
9. Enhancing Decision-Making and Strategic Thinking: Making Informed Choices and Planning Ahead
10. Building and Maintaining Reputation, Receiving Feedback, and Managing Professional Relationships



ASPINTOA®

Ecosystem of Lifelong Learning

COMMUNICATION SKILLS	+	SOFT SKILLS	+	LEADERSHIP SKILLS	+	ENTREPRENEURSHIP SKILLS
A - A2		B - B2		C - C2		D - D2
A		B		C		D
A1		B1		C1		D1
A2		B2		C2		D2

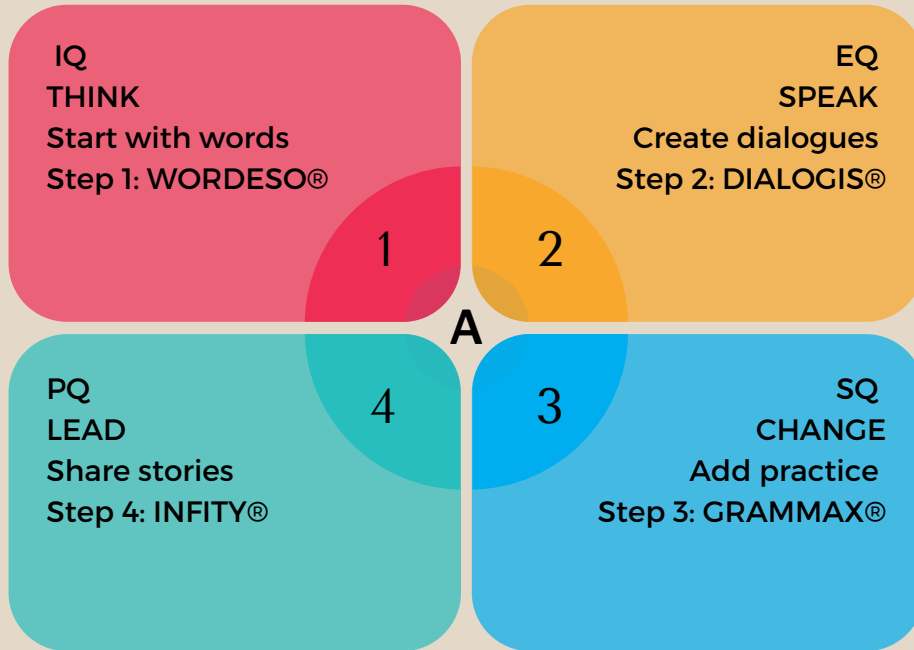




ASPINTOA®

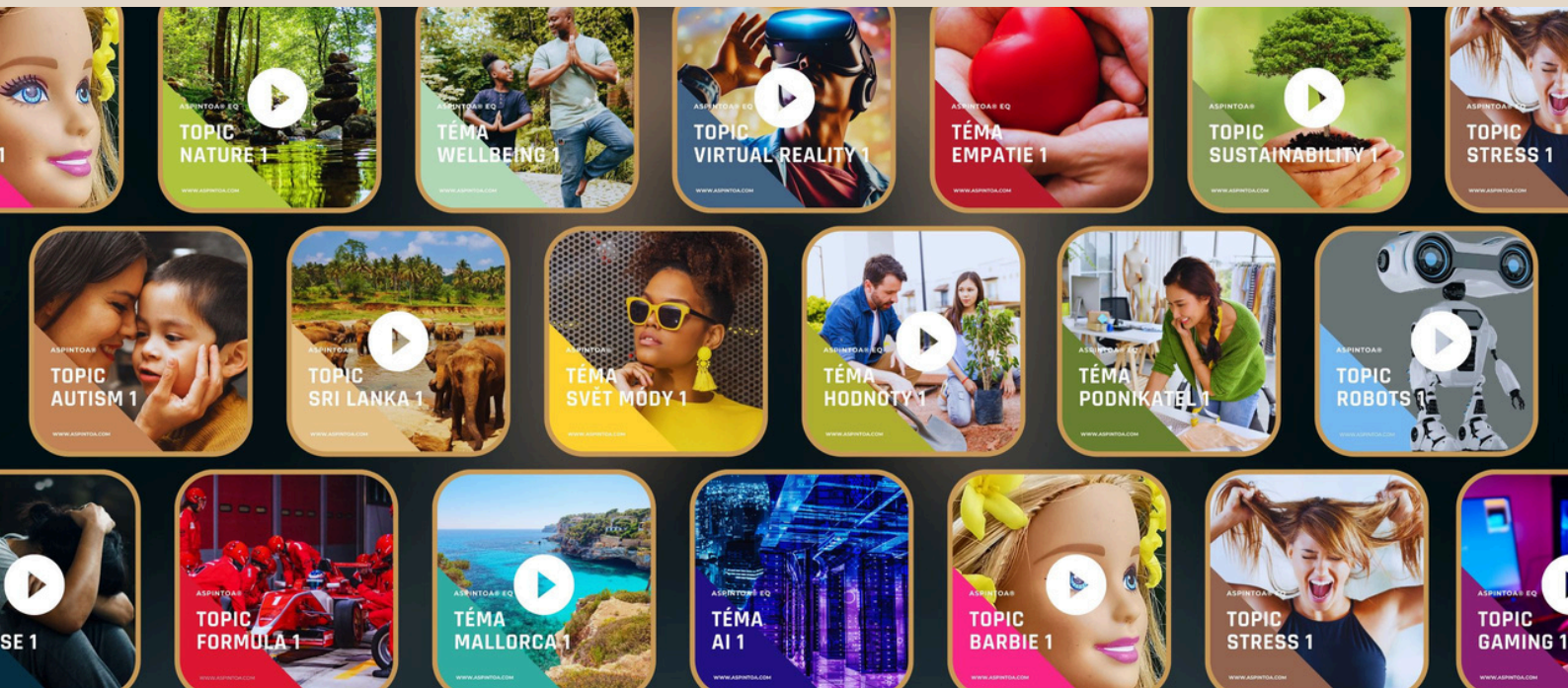
4D LEARNING

by Sarka Kralickova



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Programs | Products | Projects | Platform



TRANSFORM YOUR MINDSET & LEADERSHIP

ASPINTOA® develops a System for Wellbeing Learning using a 4-step method. We're here for those who embrace innovation and change. Let's all have the courage to think, speak, learn, and lead.

ASPINTOA® Ltd.

Publishing House and Ecosystem of Lifelong Learning
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