

season 2025

PQ CHESS

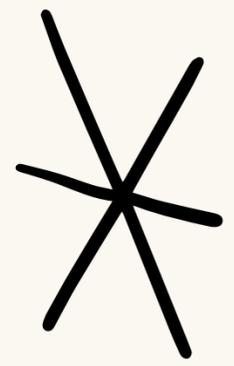
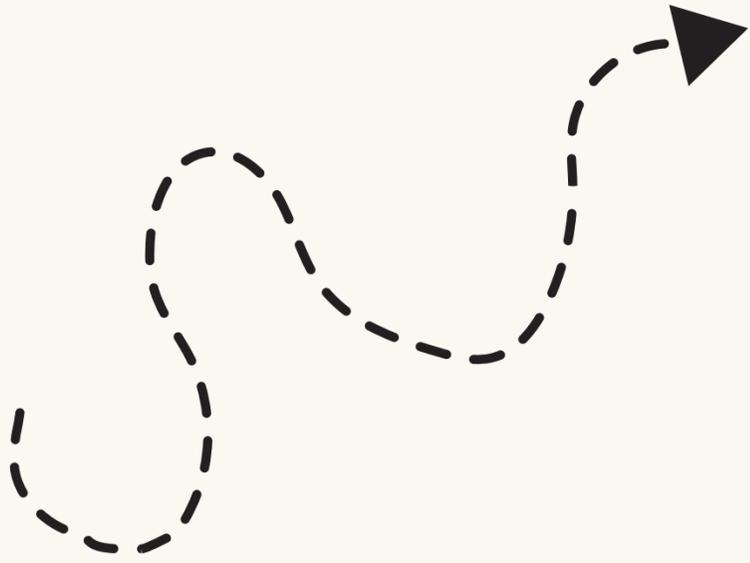


SCHOOL CAISSA





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Team



Olgica Đurić

Chess coach
Chess arbiter, PQ coach;
Chess title: Candidate master

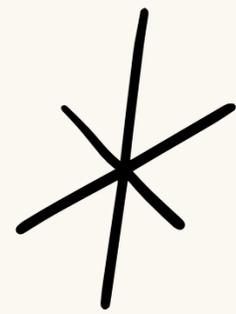
Hello! I am Olga Đurić. I started playing chess at the age of five, and already at the age of seven I devoted myself intensively to this ancient game.

In addition to many years of experience at the chessboard, I was educated in the field of Positive Intelligence (PQ), so that I also earned the title of certified Positive Intelligence coach.

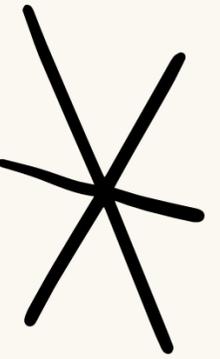
These experiences and knowledge allow me to best support children in their personal and professional development at the chessboard.

I hold a BA degree in Software and Information Technology studies at the Faculty of Technical Sciences in Novi Sad.

Next to it, I work as a coach/consultant in the IT industry and as a Prime school teacher of Math and Informatics.



Team - Collaborator



Sipke Ernst

Chess coach

Chess title: Grandmaster

Hello! My name is Sipke Ernst, an International grandmaster, and a professional chess coach. I learned chess at the age of 9 at school and I have been hooked on the game ever since.

Due to my hard work as a young chess player, I qualified for the Dutch Championships in 1998. At the end of the year, I became an International Master and a couple of years later I was awarded the GM title.

I'm still very active as a player, in international tournaments as well as several leagues. Next to that, I have been working as a second for several strong chess players and I have recorded several courses for Chessbase and Chessable.

These experiences keep me up to date and help me greatly in my practice as a chess coach.

Next to chess, I enjoy long-distance running and reading. Also, I hold an MA degree in Dutch Language and Culture.

Mission & Vision



Dear parents, guardians and caring persons (grandparents, aunts...)

At Caissa Chess, our mission is to **empower** children to develop key life skills through play and chess.

We focus on building confidence, empathy, curiosity, intuition and innovation.

We also foster strategic, tactical and analytical thinking, encouraging a developmental mental attitude, competitive spirit and achieving diverse results.

Welcome to our community!





Olgica Djuric

Having successfully completed the Positive Intelligence PQ Coach Program, is hereby designated:

Positive Intelligence Certified Coach

CPQC
797

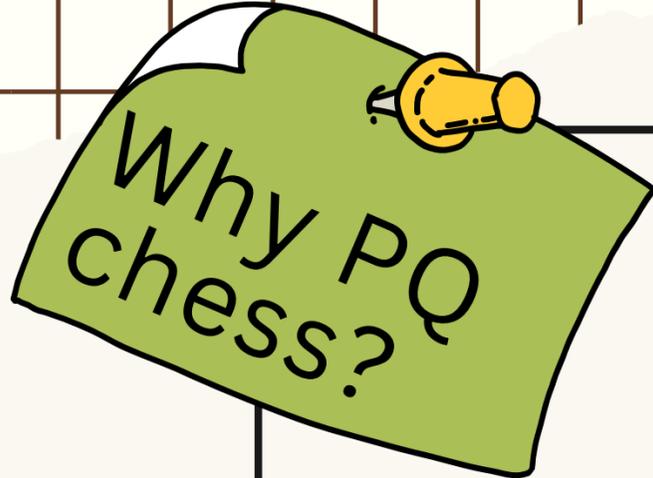
Completed on
21 Nov, 2022



A handwritten signature in black ink, appearing to read 'Shirzad Chamine'.

Shirzad Chamine
Founder and CEO

PQ is a scientific concept that brings together neuroscience, performance science, positive psychology and cognitive therapy.



We believe that chess is more than a game and that every child is a genius!

- We learn chess with love and patience through the game
- Individual and group work (Online)
- We strengthen both positive intelligence (PQ) and IQ through chess
- Personalized approach (group work up to 10 participants)
- Accomplished trainers in many fields, who above all work on themselves both personally and professionally
- Psychologically safe atmosphere for growth and development
- Creative workshops
 - Learning chess through song, story, drawing...

NEW SCIENTIFIC RESEARCH

Chess can improve emotional intelligence (EQ)

- Recent research shows that playing chess can develop emotional intelligence in children, including skills such as self-awareness, self-control and empathy. Children learn how to deal with stress, accept defeat and develop resilience.

Chess helps managing ADHD

- Research has shown that children with attention deficit hyperactivity disorder (ADHD) who play chess can show improvements in concentration and reduction in impulsive behavior. Chess encourages children to focus on goals and long-term strategies, which can help manage ADHD symptoms.

**Why PQ
CHESS**

Chess can help with dyslexia

- Recent research suggests that playing chess can improve visual-spatial skills in children with dyslexia. Chess requires players to recognize patterns and predict moves, which can help overcome certain challenges associated with dyslexia.

NEW SCIENTIFIC RESEARCH

Chess helps prevent dementia

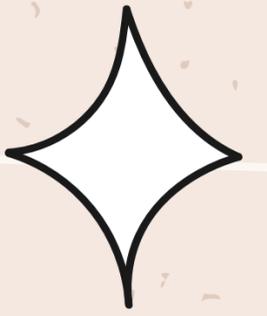
- Although this research includes adults, it is important to point out that playing chess regularly can protect the brain against neurodegenerative diseases in the long term. Keeping mentally active through chess from an early age can build a "cognitive reserve" that helps prevent dementia later in life.

Why PQ CHESS

The impact of chess on mental health

- In recent times, chess has been used as a tool for therapeutic purposes, especially with children dealing with anxiety and depression. Playing chess can provide structure and a sense of control, which helps reduce feelings of helplessness and anxiety in children.

The development of all these potentials that chess provides is possible with a professional coach. Our coach is not only skilled on the chessboard, but also intensively improves and works on himself in various areas of psychology and work with children. This unique combination of chess knowledge and psychological expertise allows each child to make the most of all the benefits that chess can provide, both for intellectual and emotional and social development.



WE UNDERSTAND THE DIFFERENCE BETWEEN TIME ZONES.
FEEL FREE TO GET IN TOUCH TO FIND THE RIGHT TIME FOR YOUR CHILD.



SCHEDULE AVAILABLE UPON REQUEST.

◆ LIMITED SPOTS – ONLY 20 PARTICIPANTS.

📍 CLASSES AVAILABLE ONLINE OR IN PERSON, AS AGREED.

📣 ENROLL BY 01.03.2025. OR UNTIL ALL SPOTS ARE FILLED.





Individual class

15 €

Monthly

55 €

Scholarship

330 €

Individual class -
topic on demand

25 €

You are not able to afford your child's lessons at the moment, but you would like to, and the child wants to!?

We have provided one scholarship within each age group worth

330 €

Contact us!

Contact

E-mail olgica@ondjuric.com

Website www.ondjuric.com/chess-lessons-for-kids

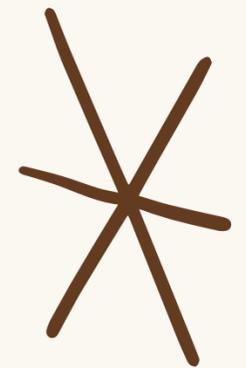
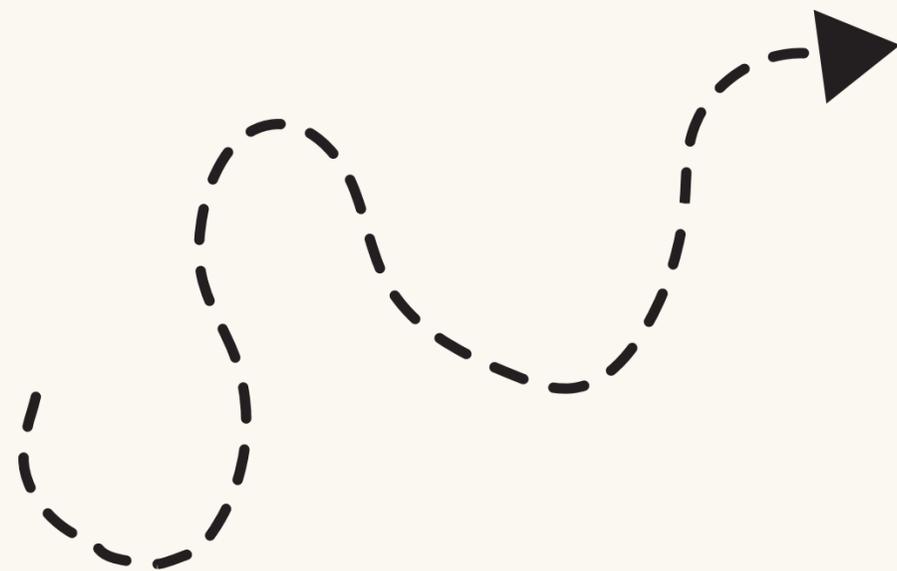
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KNOWLEDGE. SKILLS. VALUES.

THANKS



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