

BrainLearn Language Profiler™

The BLLP Companion Workbook



DR LANGUAGES
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Welcome

By signing up for **Discover Your Language Brain Profile (Test + Live Workshop)**, you've taken a smart step toward learning in a way that truly fits you. I'm excited to share the BrainLearn Language Profiler™ (BLLP) with you and to see the insights your profile reveals.

This BLLP Companion Workbook is here to help you get the most from the experience. It's more than a few prompts - it's your space to reflect, connect the dots, and start shaping a study plan that matches how your brain perceives, processes, stores, and retrieves language.

Inside, you'll find:

- **Pre-workshop reflections** to warm up your thinking and surface useful patterns.
- **An analysis of your score in each dimension** to capture key insights as you decode your profile.
- **Post-session questions and actions** to turn clarity into a simple plan you can follow.

The goal isn't just to take the test, watch the workshop, and continue learning as usual. The goal is to help you leave with a plan that feels achievable, motivating, and right for you. Real change starts when you act. Don't wait for "someday": take one small step immediately after the session, then the next, then the next.

That's how you'll build momentum - and finally make steady, confident progress toward your language goals.

To your language learning success,

Esther



Before the workshop

These questions will help you start reflecting on the unique ways your own brain works.

In order to answer the questions, please pick **one complex skill you've learned (or are learning) that is NOT a language**. It could be playing an instrument, coding, driving, playing a sport, public speaking, video editing - the more complex the skill, the more meaningful the insights will be.

Q1: When you first started, how did you go about learning this skill?

Write a short note (5-10 lines) describing:

- what you did in the first 2-4 weeks
- what you paid attention to (instructions? examples? demonstrations? patterns?)
- how you captured/organised information (notes, recordings, flashcards, mental maps, etc.)
- how you checked if you were improving

💡 We tend to learn new skills by imitating strategies that have worked for us before, even if we are not fully conscious of them. These tried-and-tested techniques are usually implicit reflections of how our brain prefers learning new things.

Q2: Which 2-3 things worked exceptionally well for you, and why?

Be specific. For each item, note:

- what the tactic/strategy/activity was
- what made it effective (clarity? repetition? real-world use? visuals? sound? structure? feedback?)
- how you felt while doing it (engaged, calm, challenged, motivated)

💡 What worked for you in the past is already an indication of the type of learning preferences your brain has - and how you could apply similar principles to language learning.

Q3: Which 2-3 parts were consistently hard - and what do you think blocked you?

For each, note:

- the exact task/context (e.g., improvising, remembering sequences, speaking under time pressure)
- what made it difficult (ambiguity, too many details, weak recall, pace, lack of feedback, etc.)
- what you tried - and whether it helped

💡 What you struggled with in the past reveals your brain's natural constraints, as we tend to avoid strategies that feel difficult. These will be great development areas to work on when learning a language.

1. Tolerating Ambiguity

This measures how comfortable you are with uncertainty and incomplete information.

A high score means you stay calm when things are unclear - great for real-world conversations! A low score means you prefer structure and certainty, so use clear frameworks to feel more confident.

Your score: High Medium Low



**How this shows up
in your learning**

In what situations do you notice this pattern?
How does it help or slow you down?



**Strengths to
leverage**

How can you use this natural tendency to learn faster
and enjoy the process more?



**Constraints to
overcome**

In what instances can this trait become an obstacle
for your learning? How can you balance it?



**Strategies that
fit my brain**

List 1-3 strategies you can try that can help you
maximize the positive impact of this dimension.

2. Focusing Attention

This measures whether your attention lands on the big picture or fine details first.

A high score means you notice nuances and precision – just don't lose sight of the overall meaning. A low score means you grasp the gist quickly, but do take time to zoom in on form and accuracy too.

Your score: High Medium Low



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3. Recording Patterns

This measures your preferred path to recording rules - discovering from examples vs. applying stated rules.

If you score high, you learn best if you can start with rules and add examples afterwards. If you score low, you learn best via examples - but remember to then look at the rules to confirm your hypotheses.

Your score: High Medium Low



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4. Making Decisions

This measures how quickly you move from input to output.

A high score means you think deeply but sometimes this may block you or slow you down. A low score means you act and learn by doing, but remember to add brief checks too!

Your score: High Medium Low



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5. Finding Solutions

This measures how you build understanding and solve problems.

A high score means you love systems, logic, and breaking things down – just don't forget to experience the language in action. A low score means you learn best through immersion and experience, so trust your intuition and build a library of language chunks you can recall when using the language freely.

Your score: High Medium Low



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6.1 Phonological Coding

This measures how strongly your brain perceives and encodes sound patterns.

A high score means you memorize pronunciation and rhythm easily - listening and imitation work great for you. A low score means you might mix up sounds, so support your memory with spelling or visual anchors plus very targeted practice.

Your score: High Medium Low



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6.2 Visual Coding

This measures how much your brain relies on images, shapes, and written form to store information.

A high score means you remember better things you can see - use diagrams, notes, and mental pictures. A low score means visuals distract you or do not really add value, so focus more on sound and real-world use instead.

Your score: High Medium Low



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7. Processing Information

This measures how comfortable you are handling large amounts of complex input.

A high score means you enjoy challenge and can process quickly - but avoid burnout. A low score means you need to simplify and chunk information, so focus on shorter, repeated practice sessions.

Your score: High Medium Low



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After the workshop

Finally, it's time to **reflect on your results and the actions you'll take to maximize your results** based on your test results:

- **What has surprised you the most about your results?**

- **What areas do you think you need to pay attention to first?** (Think about strengths you are underusing right now, and constraints that may be having a negative impact on your learning).

- Among all the strategies identified in those areas, **what are the top 3-5 strategies that you want to try to focus on?**

- **How will you measure this impact?**

A final note

Thank you for doing the deep work in this workbook. Reflection is where clarity begins - but clarity only compounds when it's paired with consistent action.

If you take just one thing away, let it be this: **small, well-chosen steps done regularly will beat big bursts of effort every time.**

Your results have surfaced your brain's strengths and constraints. Note down the most relevant strategies with the biggest positive impact, choose the easiest way to start applying these strategies, and shape a routine that fits your brain, your time and your goals.

I'm cheering you on as you put this plan into practice. Remember that **the work you do in the next 30 days can change the trajectory of your next 12 months.**

To your language learning success,

Esther

Dr Esther Gutiérrez Eugenio is a leading expert in language and international communication.

She helps busy professionals and ambitious language learners achieve results fast using neuroscience-based methods, innovative diagnostic testing, and practical coaching.

Esther has a PhD in Language Education. She has taught at schools and universities across Europe, led teams at international organizations (UN, EU, P&G), and coached senior leaders across industries.

Her work focuses on turning insight into action so learners reach fluency efficiently. She specializes in helping language learners who feel hopeless because they have tried everything without success - so they can finally unlock their most ambitious language goals.

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