abel pathways

Executive Function Coaching Packages

Welcome

Abel Pathways, LLC offers 1:1 online executive function coaching, shaped around how you actually think, work, and learn. Coaching sessions are designed to give you deeper insight into how your mind functions, empowering you to effectively harness your executive function skills to achieve **your goals**.

Every package starts with a **goal-setting session**, and sessions run up to 60 minutes by Zoom.

Find your path below: Each package spells out what is included, so you know what to expect.

Start with a free 15-minute consultation. Meet online, share what you need, and see if coaching feels like a good fit. Abel Pathways will always recommend what is best for you. If a different coach, therapy, tutoring, or another kind of support would serve you better, you will hear that honestly, with a recommendation where possible.

🗓️ **Link to book a consultation**

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For College Students

Semester packages run about 15 weeks and give you steady structure, accountability, and support through midterms and finals.

	Foundations	Core	Intensive
Best for	Students who are mostly steady and want structure and accountability	Students who do well in sessions but drift between them	Students who need hands-on help starting and finishing work
Weekly coaching	One session of up to 60 minutes	One session of up to 60 minutes	One session of up to 60 minutes plus one guided work session of up to 60 minutes (~120 min)
Semester setup	Goal-setting session	Goal-setting session, plus syllabus and planner setup	Goal-setting session, plus syllabus and planner setup
Between sessions	Mid-week check-in by text or voice note	Mid-week check-in by text or voice note	Mid-week check-in by text or voice note or short call
Midterm and finals planning	Included	Included	Included
Email communication	Included	Included	Included
Progress Updates		Mid-semester written update	Mid-semester written update
Family Session		One per semester	Two per semester
Price per semester	$2,900 total (up to 15 hours of meeting time)	$3,050 total (up to 16 hours of meeting time)	$4950 total (up to 32 hours of meeting time)

Add-ons

- **Finals Sprint:** 4 exam-focused sessions in the last month of the semester, $700

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- **Between-Semester Maintenance:** 2 maintenance sessions per month during breaks, $350 per month
- **Single Session:** Add extra sessions, $200 per session

Paying for a semester

- Pay in full or split the price into 3 equal installments. Autopay is available.
- Starting mid-semester or enrolled in shorter terms? Packages are prorated for the weeks remaining.

Where to start?

Start with a free 15-minute consultation. Meet online, share what you need, and see if coaching feels like a good fit. Coaching is a commitment and it's important we are the best service for you.

Policies

These keep scheduling simple and fair for everyone.

- **Rescheduling**: Please give at least 24 hours' notice. Students may reschedule up to 2 sessions per semester.
- **Makeup session**: One makeup session is included per semester.
- **Refunds**: Payments are non-refundable after the first 2 weeks. A prorated refund is available for documented emergencies.
- **Payment**: Packages are priced per session, not per minute, so a session that needs only 45 minutes costs the same. Fees are due at enrollment, or on the installment schedule you choose.

Getting Started

Once we've met and are ready to get started, you will select your package and schedule out the semester, starting with a goal-setting session.

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