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 Working Professionals

Choose a focused sprint to solve one problem, or an ongoing partnership that grows with your work and life.

	Kickstart Sprint	Ongoing Partnership	Executive
Best for	Building one specific system or tackling one defined challenge	Steady progress, accountability, and adjustment as work changes	Leaders and business owners with demanding roles
Sessions	8 weekly sessions of up to 60 minutes	Weekly sessions of up to 60 minutes	Weekly coaching session of up to 60 minutes, plus one weekly body doubling session, with priority scheduling (~120 minutes)
Between sessions	Mid-week check-in by text	As much text or email support as needed	As much text or email or short call support as needed
Extras	One defined goal, with a plan for keeping the gains	Goals reviewed as your needs shift	Quarterly formal review of goals and systems
Commitment	8 weeks	3-month minimum, can then move to month-to-month	3-month minimums
Price *includes taxes & credit card fees	**$1,600 total**	**$2500 (3 months)** **$850 (month-to-month)**	**$3100 total**

Flexible options

- Sessions can be paused once per quarter for travel or a crunch period.

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- Support with workplace accommodations, such as preparing requests or planning conversations with a manager, can be included on request.

Add-ons

- **Single Session:** Add an extra session as needed, $200 per session

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.

Policies

These keep scheduling simple and fair for everyone.

- **Rescheduling**: Please give at least 24 hours' notice. Professionals may reschedule up to 2 per quarter.
- **Makeup session**: One makeup session is included per 3-month period. Packages do not roll over.
- **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 you're ready to move forward, you'll select your package and we'll start with a goal-setting session.

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