



Executive Functioning Coaching – What to Expect

The Approach

Executive functioning skills — planning, organizing, time estimation, prioritizing, and self-monitoring — are teachable skills, not fixed traits. Coaching combines guided examples with hands-on practice, tailored to what each child needs. Any tools used — planners, checklists, trackers — are built specifically for your child, not handed over as a generic, one-size-fits-all system.

What's Included

- ✓ 1:1 sessions, weekly, 60 minutes, in-person (virtual available for out-of-state families)
- ✓ An initial 8-week program, with each week building on the last
- ✓ Systems built around your child's actual assignments and school platform, so skills transfer immediately
- ✓ Weekly session notes
- ✓ A collaborative check-in at Week 8 to revisit progress and make any adjustments to the plan going forward

Skills We Build

- Planning — breaking a task into its real steps before starting
- Time Management — building a realistic sense of how long tasks take, and pacing work accordingly
- Task Initiation — starting without a long avoidance delay
- Organization — a consistent, personalized system for keeping materials and assignments in order
- Working Memory — holding several steps in mind while working through a task
- Self-Monitoring — reviewing work independently and recognizing when an approach needs to change
- Flexible Thinking — adjusting a plan when circumstances change
- Prioritization — knowing what to tackle first when several things compete
- Emotional Regulation — managing frustration without shutting down



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Getting Started

We begin with an informal intake conversation — not a formal diagnostic test — to understand how your child learns and works best. From there, we build a system suited to their strengths and learning style from day one. That alone isn't enough, though: matching how your child learns keeps them engaged, but real retention comes from the structure we build around it — which is exactly what we design together from the start.

Why This Matters

We build the underlying skill first, with real-world application in mind. In the end, your child owns the skill — not just the outcome.