



Neurodiversity-Informed Coaching Programs

Personalized Pathways for Growth and Independence

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Coaching programs are strengths-based, neurodiversity-affirming, educational, and skill-focused. They are designed to help individuals and families build practical strategies, increase independence, strengthen executive functioning, and achieve meaningful goals across school, college, work, home, and community settings.

Who I Help

- Teens, young adults, and adults with ADHD, Autism Spectrum Disorder (ASD), executive functioning challenges, learning differences, and/or anxiety.
- College students transitioning to higher education and increased independence.
- Young adults preparing for employment, vocational programs, independent living, or adult responsibilities.
- Parents and caregivers seeking practical strategies to support neurodivergent children, teens, or young adults.
- Families navigating life transitions, communication challenges, emotional regulation needs, and increased independence.

Program/Service Fees

Program / Service	Includes	Fee
Initial Consultation	60-minute consultation	\$220
Individual Session	Individual, parent, family, transition, or independent living coaching	\$220/session
Launch Package	4 coaching sessions	\$800 (\$200/session)
Momentum Package	5 coaching sessions	\$925 (\$185/session)
Thrive Package	6 coaching sessions	\$1,050 (\$175/session)
Family Connection Package	4 individual coaching sessions + 1 parent strategy session	\$975

Package rates reflect a slightly reduced per-session rate while maintaining the same individualized, professional level of support.

Coaching Programs

1. Individual Transformation Coaching

For teens, college students, and adults seeking individualized coaching to strengthen executive functioning, emotional regulation, self-advocacy, organization, time management, social communication, and independence.

Package Fees

- Initial Consultation: \$220
- Individual Coaching: \$220 per 50-minute session
- Launch Package: 4 sessions for \$800 (\$200/session)
- Momentum Package: 5 sessions for \$925 (\$185/session)
- Thrive Package: 6 sessions for \$1,050 (\$175/session)

Program Benefits

- Personalized coaching plan
- Weekly or bi-weekly sessions based on need
- Practical strategies for daily life, school, college, or work
- Action steps between sessions
- Progress review every 4-6 sessions
- Option to transition to maintenance sessions as independence increases



2. Parent Empowerment Coaching

For parents and caregivers who want practical, evidence-informed strategies to support their neurodivergent child, teen, or young adult while increasing confidence and reducing family stress.

Package Fees

- Initial Parent Consultation: \$220
- Parent Coaching/Training Session: \$220 per 50-minute session
- Launch Package: 4 sessions for \$800 (\$200/session)
- Momentum Package: 5 sessions for \$925 (\$185/session)
- Thrive Package: 6 sessions for \$1,050 (\$175/session)

Program Benefits

- Understand ADHD, autism, executive functioning, and neurodivergent learning needs
- Improve communication and reduce power struggles
- Support emotional regulation and problem-solving
- Strengthen routines, structure, and follow-through at home
- Encourage independence without over-supporting
- Review progress and refine parent strategies over time

3. Family Connection Coaching

A collaborative program that combines individual coaching with parent/caregiver consultation to create consistency across home, school, college, work, and community settings.

Package Fee

- Family Connection Package: \$975
- Includes 4 individual coaching sessions + 1 parent strategy/check-in session

Program Benefits

- Shared goals across the client and family system
- Coordinated strategies that support independence
- Parent education and practical recommendations
- Young adult skill-building with appropriate family support
- Improved communication and reduced family stress
- Support for transitions to college, employment, or independent living



What to Expect from Coaching

Flexible support designed around individual and family goals

How We Determine Coaching Frequency

Coaching begins with an initial consultation to identify strengths, goals, current challenges, motivation, and support needs. Together, we determine the most appropriate coaching schedule and package based on the client or family's goals.

- **Weekly:** Recommended when beginning coaching, building new skills, navigating a major transition, or needing consistent accountability.
- **Bi-weekly:** Appropriate once routines are developing and clients or parents are practicing strategies between sessions.
- **Monthly:** Best for maintenance, accountability, and periodic problem-solving after primary goals have been achieved.

How Many Sessions Will I Need?

Every client and family progresses at a different pace. Most clients begin with a 4- to 6-session package to establish goals, learn foundational strategies, and build consistency. Clients working on executive functioning, ADHD, autism, transition planning, or independent living skills often benefit from 8-16 sessions over time. Progress is reviewed every 4-6 sessions, and coaching frequency is adjusted as independence, confidence, and follow-through increase.

What to Expect During Coaching

- A collaborative, supportive, and goal-oriented session structure.
- Clear priorities and practical action steps for the week ahead.
- Skill-building in executive functioning, self-advocacy, emotional regulation, organization, planning, and independence.
- Problem-solving around real-life challenges at home, school, college, work, or in the community.
- Periodic progress reviews and adjustments to goals or session frequency.

Coaching vs. Counseling

Coaching is educational, action-oriented, and focused on building practical skills for daily life, school, college, work, and independent living. It emphasizes goal setting, accountability, executive functioning, and self-advocacy. Counseling, or psychotherapy, focuses on diagnosing and treating mental health conditions and processing emotional concerns. Coaching may support overall well-being, but it is not psychotherapy and does not replace mental health treatment when clinically indicated.

Important Note

Coaching services are not a substitute for emergency services, psychotherapy, medical care, or psychiatric treatment. If mental health symptoms require clinical treatment, a referral for counseling or another appropriate provider may be recommended.

