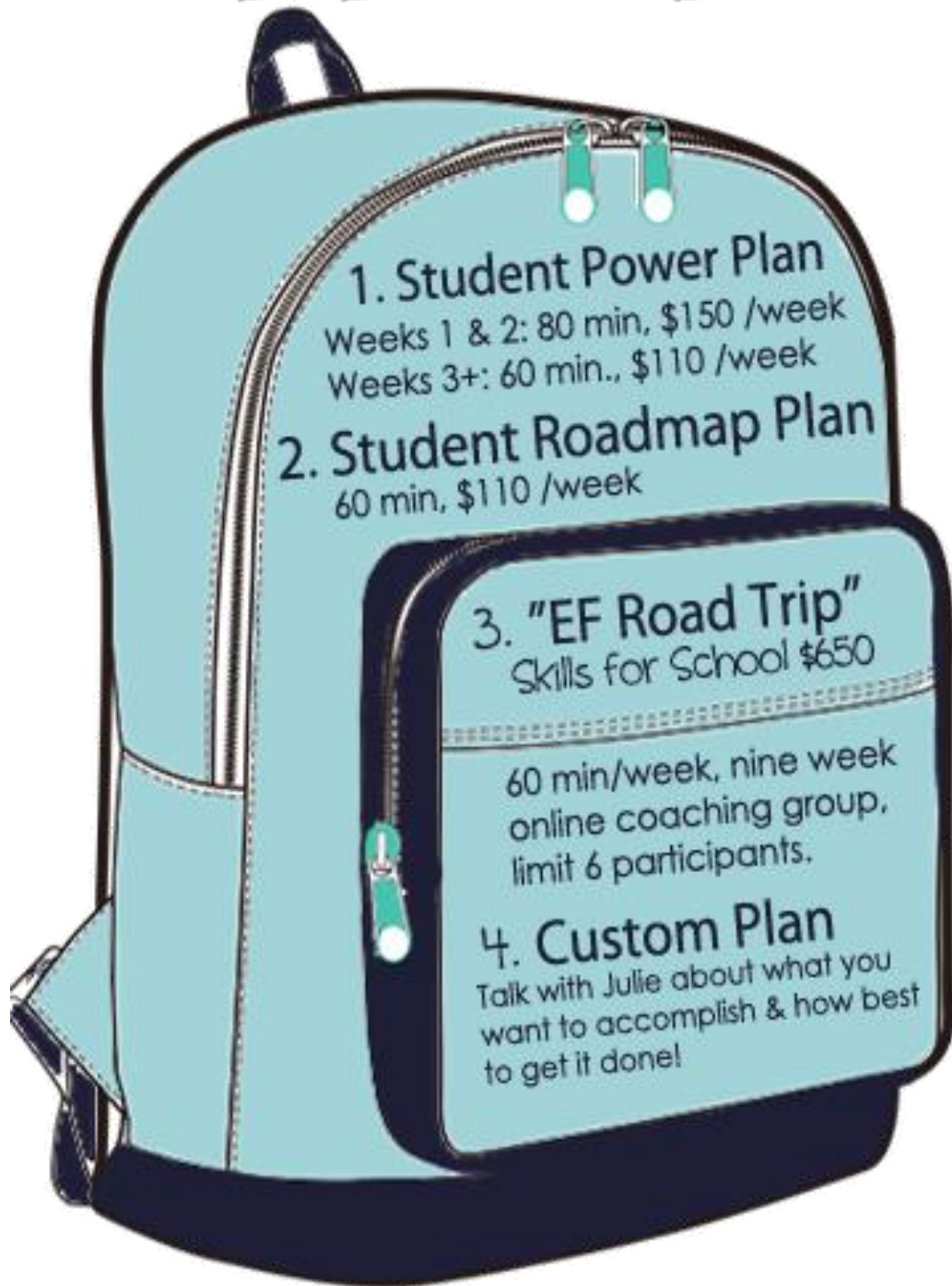




2023 Student Coaching Fees

FEES SNAPSHOT



1. Student Power Plan

Weeks 1 & 2: 80 min, \$150 /week
Weeks 3+: 60 min., \$110 /week

2. Student Roadmap Plan

60 min, \$110 /week

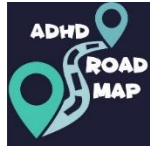
3. "EF Road Trip"

Skills for School \$650

60 min/week, nine week
online coaching group,
limit 6 participants.

4. Custom Plan

Talk with Julie about what you
want to accomplish & how best
to get it done!



2023 Student Coaching Fees

TEEN NAVIGATORS - Executive Function Skills for School 3 Plans – Choose the Best One for You!

- Quick Start “POWER PLAN”
- Steady Start “ROADMAP Plan”
- Student Online Group Coaching: “EF Road Trip”

You decide...

POWER PLAN

Weeks 1 & 2 “POWER START” \$150/week includes:

- | | |
|--|---|
| <ul style="list-style-type: none"> ● 80 minutes of virtual coaching per week divided into two 40-minute sessions. ● Check-ins by client: daily (weekdays) or weekly check-ins in which the client sends information on progress. ● Check-in responses from coach. | <ul style="list-style-type: none"> ● Getting to know you. ● Informal assessment of executive skills (survey) ● Goal setting ● Co-creating a plan that includes executive skill development. ● Co-designing a measurement tool. |
|--|---|

Weeks 3+ “POWER UP” \$110/week includes:

- | | |
|--|---|
| <ul style="list-style-type: none"> ● 60 minutes of virtual coaching per week which can be broken up to suit the goal and your schedule. ● Check-ins (as above) ● Check-in responses from coach. | <ul style="list-style-type: none"> ● Working on action steps in the plan. ● Setting up systems and supports. ● Tracking your progress on your goal. ● Making adjustments to optimize for success. |
|--|---|

“POWER DOWN” Coaching Fades

- | | |
|---|--|
| <p>Timeline and price dependent upon goal schedule.</p> <ul style="list-style-type: none"> ● Reduced coaching sessions as determined by the client and the coach, such as: one 40-minute session every second week (\$75/session). ● Check-ins – reduced. ● Check-in responses – reduced. ● Celebration and Debrief session in the final week (time to be determined by coach and client) | <ul style="list-style-type: none"> ● Making a plan to fade coaching when you are close to meeting your goal. ● Identifying/practicing any additional independent skills, strategies, supports, and systems needed to maintain success. ● Decreasing frequency of coaching sessions. |
|---|--|

**This fade out schedule continues until the coach and client are confident that the goal is met, and the client can maintain the progress with the skills, strategies, supports, and systems implemented.*

ROADMAP PLAN

Weeks 1 & 2 START UP \$110/week includes:

<ul style="list-style-type: none">● 60 minutes of virtual coaching per week for one client which can be broken up to suit the goal and your schedule.● Check-ins by client: daily (weekdays) or weekly check-ins in which the client sends information on progress using the Coach Accountable platform.● Check-in responses from coach.	<ul style="list-style-type: none">● Getting to know you● Informal assessment of executive skills● Goal setting● Co-creating a plan that includes executive skill development.● Co-designing a measurement tool.
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Weeks 3+ \$75/week includes:

<ul style="list-style-type: none">● 40 minutes of virtual coaching per week which can make up one session or be broken up to suit the goal and your schedule.● Check-ins (as above)● Check-in responses from coach.	<ul style="list-style-type: none">● Working on action steps in the plan.● Setting up systems and supports.● Tracking your progress on your goal.● Making adjustments to optimize for success.
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COACHING FADE OUT includes:

<p>Timeline and price dependent upon schedule.</p> <ul style="list-style-type: none">● Reduced coaching sessions as determined by the client and the coach, such as: one 40-minute session every second week (\$75/session).● Check-ins & responses– reduced.● Celebration and Debrief session in the final week (time to be determined by coach and client)	<ul style="list-style-type: none">● Making a plan to fade coaching when you are close to meeting your goal.● Identifying/practicing any additional independent skills, strategies, supports, and systems needed to maintain success.● Decreasing frequency of coaching sessions.
<p><i>*This fade out schedule continues until the coach and client are confident that the goal is met, and the client can maintain the progress with the skills, strategies, supports, and systems implemented.</i></p>	

TEEN NAVIGATORS – “EF ROAD TRIP”, Skills for School (9-Week program \$650/person)

This online coaching group is limited to 6 participants. There is one online 40-minute session each week.

Week 1: One-On-One Meeting with Coach

- Getting to Know You
- What Are the 12 Executive Skills?
- Your Strengths & Challenges
- What Do You Want? (Looking ahead.)

Weeks 2 & 3: EF In Your World (group sessions)

- School Stress (Challenges at school.)
- Who's Got Your Back? (Your support network.)
- You Got This! (Teen self-care: sleep, food, exercise, mental health.)
- “Plan #1 – The Big Picture” (Looking ahead.)

Weeks 4, 5, & 6: Time Management, Organization, Planning & Prioritizing (group sessions)

- EF Tools – Calendars, Schedules & Planners/Agendas – What works best for you?
- Homework - What Do I Have to Do? (Recording homework.)
- Homework - Making a Plan (Breaking it down.)
- Setting Up the Environment and Building Routines

Weeks 7 & 8: Executive Function Tools & Strategies (group sessions)

- EF Tools (Digital and analog tools)
- Focus in the Classroom
- Focus and Note-Taking
- Focus and Study Skills

Week 9: Getting Back On Track (group sessions)

- "Backup Plan"
- Problem-Solving & Communication
- Stress Management
- Self-Advocacy

OTHER SERVICES

Parent-Coach Communication \$55 once a month

- 30 minutes (if this is part of the coaching plan established by the client)

School, Teacher, or Counselor Consultation \$35 for 20 minutes

- Phone calls or emails (if this is part of the coaching plan established by the client)

Coach Support at Teacher/School Meetings \$110/hour

- This includes IEP meetings (if this is part of the coaching plan established by the client)

<https://adhdroadmap.coach>