

FEES SNAPSHOT

3 OPTIONS ...

1. Power Start Plan

Weeks 1 to 4: \$200/week, 80 minutes total coaching/week*
After week five, \$150/week, 60 minutes total coaching/week*

2. Steady Roadmap Plan

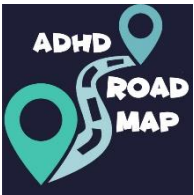
\$150/week, 60 minutes/week*

3. Custom Plan

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

*1 or 2 sessions, includes daily or weekly check-ins, and progress tracking





2023 Coaching Stages and Fees

Quick Start **POWER PLAN** or Steady Start **ROADMAP Plan**, you decide...

POWER PLAN

Coaching Stage 1 – POWER START \$200/week includes:

<ul style="list-style-type: none"> ● 80 minutes of virtual coaching session 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 using the Coach Accountable platform. ● Check-in responses from coach: 15 minutes/week 	<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.
<p><i>*This schedule continues in the “Power Start” plan until the coach and client are confident that the goal is established, and the plan is in progress.</i></p>	

Coaching Stage 2 – POWER UP \$150/week includes:

<ul style="list-style-type: none"> ● 60 minutes of virtual coaching session per week which can be broken up to suit the goal and your schedule, such as: <ul style="list-style-type: none"> ○ one 40 minute session & one 20 minute session ○ three 20 minute sessions ● Check-ins (as above) ● Check-in responses (as above) 	<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.
---	---

Coaching Stage 3 – POWER DOWN includes:

<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 ● 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.
<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>	

ROADMAP PLAN

Coaching Stage 1 – START UP \$150/week includes:

<ul style="list-style-type: none">● 60 minutes of virtual coaching session per week for one client which can be broken up to suit the goal and your schedule, such as:<ul style="list-style-type: none">○ one 40 minute session & one 20 minute session○ three 20 minute sessions● 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: 15 minutes/week	<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.
---	---

Coaching Stage 2 – WORK THE PLAN \$150/week includes:

<ul style="list-style-type: none">● 60 minutes of virtual coaching session 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 (as above)	<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.
--	--

Coaching Stage 3 – FADE OUT includes:

<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● 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>	

OTHER FEES

Parent-Coach Communication \$75 once a month

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

Teacher or Counselor-Coach Communication \$38 for 15 minutes

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

Coach Support at Teacher Meetings \$150/hour

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

<https://adhdroadmap.coach>