

WHAT IS EF COACHING?

At New Agenda, we use a relationship-based approach to support learning and practicing organizational strategies in academics, career, and lifestyle management (life skills). We partner with you to guide success, including working with the development of metacognition and executive function skills. Success is anchored in the ability to utilize skills with prioritization, organization, and self-determination, for greater independence.

Academic Coaching is available for upper elementary, middle, high school, and college students, and is well researched for students with ADHD and Executive Dysfunction.

Academic Coaching includes:

- Working on support strategies
- Study skills
- Planning and time management as related to assignments
- Prioritization of tasks
- Sustained attention for task completion

In addition, coaching can include **educational planning support** including:

- Completing school applications
- Guidance on paying tuition
- Accessing academic support services
- Identifying your disability and engaging in the discussion of it

Career Coaching is available for job seeking, career planning, and job-related support.

Career Coaching:

- Writing a resume
- Acquiring references
- The job search process
- Interviewing for a job
- Getting to and from work
- Time management as related to work
- Proper work attire
- Appropriate work-place behavior
 - social nuances, communication with your boss and fellow employees.
- Problem solving strategies with an emphasis on perspective taking and communication skills.

Lifestyle Management Coaching is available for 16+ years to support understanding of self and the development of basic life skills needed for independence.

Support is available for the following:

- How to prepare healthy meals
- Creating exercise and fitness routines
- Completing a list of chores
- Household Maintenance
- Financial preparedness
- Using a credit card responsibly
- Personal appearance and hygiene
- Managing your health
 - Insurance
 - Prescriptions
 - Doctor/Dentist Appointments

- Finding housing
- Emergency and safety skills
- Using a phone
- Staying safe online
- Knowledge of community and resources
- Accepting disappointment and making alternate choices