

Executive Function Coaching & Parent Training



We are your dedicated ADHD and Executive Function Professionals

- ✓ Work directly with the student to strengthen Internal Skills
- ✓ Collaboration with teachers and staff
- ✓ Direct Parent Training & Coaching

- ✓ Your own personalized Executive Function Specialist. We tailor everything toward the unique student and family. Your own personalized Grow Plan for Independence, Positivity, and Success!
- ✓ With our Expert Coaches, your child/teen will receive 1-1 Skill Coaching, combined with an intensive focus on Parent Coaching & Training
- ✓ We offer virtual and in-person sessions, where available. Our sessions are highly engaging and motivating to students, unlike what they have experienced before!

Focus on all 3 Zones of Executive Function



We work directly with students and families- following the research-based GrowNOW Model of Internal Skills:

Self-Regulation of emotions & behaviors

Self-Motivation toward non-preferred tasks

Self-Awareness

Self-Evaluation

Real World PROGRESS

- ✓ Typically a significant decrease in dysregulation and behaviors
- ✓ Improvements in work completion and homework, higher test scores and grades.
- ✓ Parent, teacher and self reporting of more meaningful relationships and social engagements