

What is an Executive Functioning Coach?

Executive functioning coaching teaches and builds on cognitive skills essential for personal and professional growth.

- organizational & planning skills
- time management & prioritizing
- maintain focus
- study/work habits
- self-monitoring
- self-assessment & reflection
- efficiency
- emotional control
- problem-solving
- self-regulation
- goal setting
- building memory
- tracking & measuring own success
- critical thinking skills training

