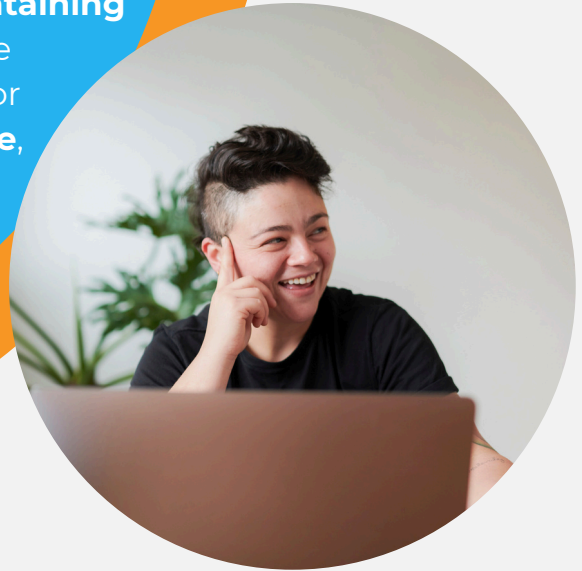


Neurodivergent and struggling?

Are you or someone you care about feeling **overwhelmed** by executive functioning challenges like **organizing tasks**, **managing time**, or **maintaining focus** in school, work, or everyday life? Do these difficulties make daily activities and planning for the future feel more complex? **You're not alone**, and there's a solution to help you overcome these obstacles while embracing your unique identity.



With Executive Function Coaching, Discover...

- Greater autonomy & independence
- A healthier internal narrative about your neurodivergence
- Improved executive functioning
- Stronger motivation
- Better time management
- Greater self-confidence
- Stronger relationships
- More order and organization

Our coaching approach considers the whole picture.



Book A FREE 30-Minute Coaching Discovery Meeting Today

Whether you're a high school student, college student, professional, or somewhere in between, our personalized approach focuses on your unique needs and aspirations, starting at age 14.



Does Your Teen Struggle With Motivation, Meeting Deadlines, or Staying Focused?

(a.k.a. executive function skills)



Life Skills Advocate can help your teen...



ORGANIZE SCHOOLWORK & PLAN AHEAD

Our coaches help students explore and develop personalized systems for managing their materials and planning future tasks.

FIND MOTIVATION & ENGAGEMENT

Our coaches help students discover their "why" and set meaningful goals.

IMPROVE ATTENTION & FOCUS

Our coaches help students create healthy boundaries around distractions and develop personalized strategies to improve focus.

MANAGE TIME EFFECTIVELY

Our coaches help students explore various time management strategies that suit their unique needs. Whether they need more structure or flexibility, coaching provides them with tools to meet deadlines and maintain balance.

MAKE THOUGHTFUL DECISIONS

Our coaches help students identify their personal values and navigate conversations with others.

DEVELOP SELF-ADVOCACY SKILLS

Our coaches empower students to become better self-advocates by teaching them how to communicate their needs effectively and assertively.



Scan or Click Below to Book a
Free Discovery Meeting Today!

Click Here





6 Reasons To Coach With Life Skills Advocate

1

SHARED EXPERIENCE WITH NEURODIVERGENCE

[Our coaches](#), including our founder ([Chris](#)), who has personal experience with ADHD, understand the challenges of neurodivergence firsthand.

2

CLIENT-CENTRIC RELATIONSHIPS

We prioritize building strong, judgment-free relationships with our clients, understanding their unique needs and goals.

3

HOLISTIC

We take a holistic approach, considering the well-being of the entire family, when applicable. We work closely with families to support the student's development within their broader environment.

4

WE GO BEYOND EXECUTIVE FUNCTIONING

We specialize in supporting executive functioning skills while also addressing the social/emotional aspects of neurodivergence.

5

INCLUSIVE AND SAFE ENVIRONMENT

We provide a safe and inclusive space for LGBTQIA+ clients, understanding and respecting the unique intersection of neurodivergence and LGBTQIA+.

6

GENTLE ACCOUNTABILITY SUPPORT

We offer gentle, on-demand accountability support at no extra cost, keeping students motivated and on track.



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