

## Is your teenager succeeding at school?

Success in school isn't determined by intelligence.

Wonderfully Wired students often struggle to know what needs doing, plan what to prioritize, get to the work and stay on task until done (and remember to hand it in!) They are smart kids that struggle at school.

They need the Executive Functioning Skills needed to succeed.

The good news is that these skills can be taught and developed through intentional one-on-one coaching.



## What are Executive Functioning Skills?

These skills include:

- Effective TIME MANAGEMENT to complete tasks.
- ORGANISATION of information and materials.
- Knowing how to PLAN and PRIORITISE
- TASK INITIATION without procrastination.
- SUSTAINED ATTENTION despite distractions.
- PERSISTANCE toward a GOAL despite challenges.
- FLEXIBLE thinking when things change.
- EMOTIONAL REGULATION when rattled.
- METACOGNITION to know your own thoughts.

## What is Executive Function Coaching?

An Executive function coach isn't an academic tutor covering content but a guide that helps the student find strategies that work

- Unlocking motivation
- Utilizing strengths to overcome challenges
- Helping the student recognize thinking and habits that needs change
- making and implementing those changes
- Celebrating progress

Together, the coach and student set goals and strategize to overcome obstacles, focusing on both the student's strengths and areas that need improvement.



F O R K I D S

This coaching is ideal for pre-teens and teens that are Wonderfully Wired— with ADHD, dyslexia, autism

*"Matipa has retained skills that help with her concentration, she has improved at school and is more confident in her abilities."*

Phindile

If your children are younger, you might be more interested in parent coaching. Alternatively, you can join a group of other parents like yourself in a group coaching environment,

*"The course was eye opening and enabled me to see why things were a certain way with my son and what to do about it."*

Sam

F O R P A R E N T S

## How Does It Work?

### Format:

Weekly one-on-one online sessions of an hour each. An initial commitment of 10 weeks that include 15-minute check-in calls between sessions.

### Process:

We begin with intensive support, gradually transferring autonomy to the student as they learn and grow.

### Parent Communication:

After each session, I send a session summary so you can reinforce what we're doing in your communication with your child.

We'll also create measurement tools along the way so that students and parents can see and celebrate progress.



Contact me for more information or to get started.

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