

# SUCCESS FOR LIFE

## SPEECH PATHways Executive Function Coaching

### What is SUCCESS FOR LIFE?

SUCCESS FOR LIFE is an individualized program through which SPEECH PATHways clinicians coach clients to improve essential skills known as Executive Function processes that are critical to accomplishments across all areas of life. **Individuals who lack Executive Function in one or more areas may be greatly challenged** to complete projects on time, track more than one thing at once, retain information, engage with others, and learn. SPEECH PATHways executive function coaching draws from clinically proven strategies to bring lasting improvement in executive functioning and life skills.



- Help with planning and organizing, developing workable strategies, managing time and space, attending to and recalling details.
- Westminster (Carroll County), Maryland, location
- Effective for people of all ages: improvement is possible from grade school to graduate school!
- Coaching by certified Speech-Language Pathologists and teachers trained specifically to recognize issues with executive functioning.
- Lays a foundation of skills to build on for life!

### EXECUTIVE COACHING Goals

Goals will be individualized to address the needs of each client, according to their age and ability, but may include:

- Taking a step-wise approach to work, using visual aids to help with organization.
- Using timing tools to self-regulate behavior (timers, watches, software or calendars with visual cues and alarms).
- Creating (and following) checklists and “to do” lists.
- Developing practical suggestions to remind oneself of steps to completion.
- Minimizing clutter and scheduling valuable organizational time.
- Maximizing teacher-student interactions for work review and advisement.



### EXECUTIVE COACHING for Teaching Professionals

SPEECH PATHways can help educate your teachers and related professionals to recognize and address executive functioning issues. Contact us about small or large-group training seminars.

### More Information

For more information or to register, contact Kim Bell at [kim.bell@speechpathways.net](mailto:kim.bell@speechpathways.net) or call SPEECH PATHways at 410.374.0555.