



CONTACT INFO

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Podcast: The LifeSolved Podcast

Please email me with any follow-up questions from tonight!

SERVICES

We offer individual and group coaching for students and adults as well as robust parent support offerings for families with children with EF challenges.

Clients get structured support through weekly sessions, check-ins as needed, a personalized framework, and access to 100+ individualized tools for organization and life management support.

- **1-1 coaching** provides individualized support for students to learn and develop executive function skills while applying them real-time in their academic coursework and extracurricular endeavors!
- The **LAUNCH Program** is an intensive program for young adults, ages 18-26, who are deeply struggling to access motivation for short-term and long-term goals. The program provides a high level of support to increase independence in academics and life skills.
- LifeSolved's **Adult Group Program** utilizes a blend of group coaching, training, and peer-based encouragement and accountability to develop the skills and habits needed to make sustainable changes in your life.