



Executive Function Coaching at a glance

–Who we are

We are experts in Executive Function, providing customized and comprehensive support for students and families since 2006. Our coaches help students improve academic performance, and learn the skills necessary to be more effective and productive in school and beyond. Our coaches are rigorously trained and supervised professionals with master's level degrees or higher.

–What we do

Using students' academic work as a springboard, our coaches teach students how to organize, plan, prioritize, manage time, maintain focus, self-assess, and study efficiently.

–How we do it

In weekly 1:1 sessions either in person or online, coaches help students identify, employ, and evaluate tools and strategies that address their specific needs. Our coaches customize their approach to each child depending upon a student's attitude toward changing work habits. We use a research-based model to attain students' buy-in to improve their self-management skills and effect lasting change.

–Who we work with

Most of our clients are bright, capable students in middle school to college who are not achieving their potential as a result of ineffective work habits. Some have diagnoses such as ADHD or other learning differences and see coaching as excellent additional support to school-based interventions. Some of our clients have emotional challenges such as anxiety which impact their ability to work effectively.

–Why it matters

Self-management skills are increasingly important in a complex world with many distractions and competing priorities. Students who learn these skills are better equipped to navigate the challenges of adult life.

–Our results

Our most recent client survey revealed the following:

- 90% see positive changes in their children due to coaching
- 82% see a reduction in "homework battles" or stress
- 87% see progress in their children due to coaching
- 79% see improvements in grades within the first 6 months of coaching
- 85% would recommend BBS to other parents

The goal of Executive Function coaching with Beyond BookSmart is to have an independent, confident student who has a deep knowledge of him or herself as a learner. That understanding guides the use of the student's personal toolkit of work strategies developed throughout the coaching process.