

## ***Executive Skills Coaching with Teens and College Students***

**A Professional Development series facilitated by Dr. Peg Dawson**

Coaching is a strategy designed to help under-achieving students be more successful in school and reach the career goals they set for themselves. By working with a coach, students learn how to manage time and tasks, avoid distractions and temptations, and develop good study habits. Coaching is neither tutoring nor counseling, but it is a collaborative process in which students, with guidance and support from a coach, set and pursue goals that are important to them and hone the executive skills they need to achieve those goals.

Through the use of didactic presentations, assigned readings, audio tapes, practice exercises, group discussions, homework assignments, and "hands-on" experience, this 5-part seminar will provide in-depth training in the coaching process.

Seminar participants will leave the class with a set of tools that will enable them to approach the work they do with students from a very different perspective. The expert model that is central to teaching and tutoring works with many students. Coaching is built on a side-by-side partnership that empowers students to work hard to achieve goals that are important to them. The process is immensely gratifying to both the coach and the student.

### ***Limited Class Size***

- **5 sessions - total class time 15 hours**
  - **Convenient Dover location**
  - **\$999 per enrollment\***
  - **Certificate of completion**

***Ask about our special educator discount***

*\*USM graduate credits additional charge*

**Call Today!**

Reserve your spot.

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