

DON'T JUST SURVIVE - THRIVE!

WITH EDGE INDIVIDUAL COACHING

WHAT IS EDGE COACHING?

An Edge Coach is a life coach - **highly experienced in working with individuals who have executive function challenges** - who helps you with activities of daily living, where you must start, persist, and complete tasks. Their main areas of focus are:

- Personal Life Skills
- Living Situation Skills
- Social Interaction Skills
- Skills for succeeding in School and the Workplace

Our coaches are trained and certified by the International Coaching Federation (ICF).



HOW COACHING HELPS

The focused and **personalized, one-on-one approach** we use in Edge Coaching helps you with:

- Goal setting
- Planning and organizing
- Prioritizing and time management
- Focusing and perseverance, even in the face of adversity
- Impulse control
- Motivation and procrastination
- Follow-through and task completion

OUR COACH MATCH PROCESS

Our coach matchmaker, based on our conversations with you, identifies three coaches aligned with your preferences.

You and each prospective coach talk with each other and decide whether it is a good match. Then you select your coach.

You are in the “driver seat.” **You choose the coach you like and feel comfortable with.**



GET STARTED!

Here are the steps to getting an Edge coach:

Initial Conversation - The Edge Coaching Program starts with a get-to-know you conversation. In this call, we'll answer your questions, to determine whether you are ready and committed to Edge Coaching and make sure you understand the general terms and conditions of working with an Edge Coach.

Coach Matching - Our Coach Matchmaker will identify three coaches based on your preferences for you to meet and consider in order to find your perfect match. Once you have chosen a coach and decided to proceed, a contract is signed and coaching can begin.

Intake / Foundation session - This happens after you have been matched with a coach and the month-to-month contract is signed. You have an Intake / Foundation Session with the chosen coach. It is two hours and is broken down into two sessions. During these discussions, you and your coach talk about what's working in your life and what's not, what's frustrating, and where you'd like to see progress, as well as short term and long terms goals and what specifically you'd like to start working on.

Weekly coaching sessions and check-ins - After you've completed the Intake / Foundation session, you begin your weekly 30-40 minute coaching sessions by video or phone. In addition, you will have two additional check-in appointments of 10-15 minutes each during the week for a coaching and check-in total of 60 minutes per week. Check-ins can be by text, phone, video or email, depending on your preference.

Learn more - Watch these following short videos (about 2 mins. each) to get an overview of Edge coaching.

How Does Edge Coaching Help Me? – <https://youtu.be/GvjUGSeWCVg>

How Does Edge Coaching Work? – <https://youtu.be/O39sQBxcBOA>

How Do You Match Me with a Coach? – <https://youtu.be/Bw7qUHTI3JU>

Who Are Our Edge Coaches – <https://youtu.be/zHrA5scywww>

How Much Does Edge Coaching Cost? – <https://youtu.be/gE0jUL95l6s>

When you're ready to get your own Edge Coach, contact our Edge Coach Matchmaker

Denise von Pressentin

206-632-9497

888-718-8886

dvonpressentin@edgefoundation.org

www.edgefoundation.org

Or schedule an appointment online at: <https://calendly.com/edgefoundation/60min>



The Edge Foundation is a not-for-profit, 501c(3) charitable organization. It was founded in 2005 and has offered coaching services since 2007.