

# HELP YOUR CLIENTS THRIVE!

## WITH EDGE INDIVIDUAL COACHING

### EDGE COACHES

An Edge Coach is a life coach - **highly experienced in working with individuals who have Executive Function challenges** and particularly those with ADHD - who helps clients with activities of daily living, where they must start, persist, and complete tasks. Our coaches' main areas of focus are:

- Personal Life & 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) and receive additional training in working with neurodivers individuals. Most of our coaches have advanced degrees.



### HOW COACHING HELPS

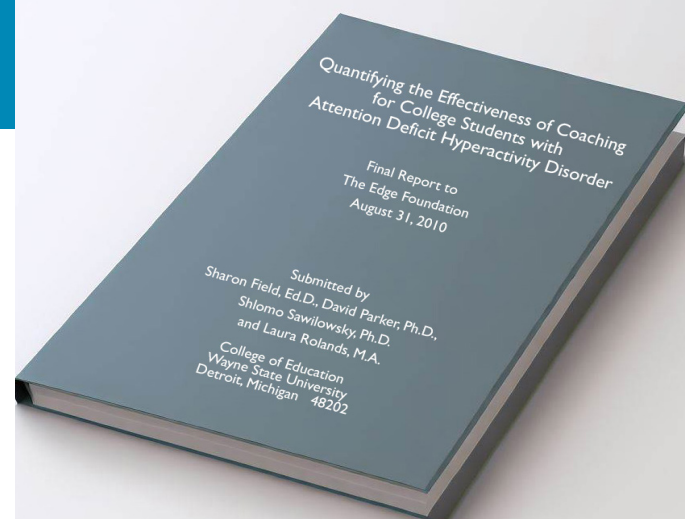
The focused and **personalized, one-on-one approach** we use in Edge Coaching helps clients with:

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

### RESEARCH VALIDATED

A two-year university based, randomized, double blind, control group research, conducted by Wayne State University, has shown that Edge Coaching is **four times more effective than any other intervention** on the issues that individuals with Executive Function issues deal with:

- Self-regulation
- Perseverance
- Willpower and motivation



# OUR CLIENT-CENTERED COACHING PROCESS

**Initial Conversation** - The Edge Coaching Program starts with a get-to-know you conversation with the Financial Guarantor who could be parents or the client. In this and any subsequent calls, we answer questions about coaching and try to understand the client's situation and readiness for Edge Coaching. We ensure they understand the general terms and conditions of working with an Edge Coach.

**Coach Matching** - Our Coach Matchmaker will identify three coaches based on the client's preferences for them to meet and consider in order to find their perfect match. Once they have chosen a coach, a contract is signed and coaching can begin.

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

**Weekly Coaching Sessions and Check-ins** - After a client completes the Intake / Foundation session, they begin their weekly 30-40 minute coaching sessions by video or phone. In addition, they 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 the client's 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/zHrA5scyuww>

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

## Contact Us Today

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

## ABOUT EDGE FOUNDATION

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

Since that time, we have provided Executive Function coaching to thousands of individuals to help them develop and implement strategies, structure, and scaffolding to illuminate their talents and realize their full potential.

