

# HabitCoach.com: Products and Services

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MOST POPULAR



## ADVANCED COACHING PROGRAM

Offers weekly one-on-one sessions plus regular check-ins for **older** children and kids with ADHD. Includes parent meetings, online habit-building tools, and progress tracking.

## BASIC COACHING PROGRAM

Provides weekly one-on-one sessions and check-ins for **younger** children or kids with moderate challenges. Includes monthly parent meetings, online habit-building tools, and progress tracking.

## COACH YOUR OWN CHILD PROGRAM

Teaches parents professional coaching techniques through expert-led courses and mini-lessons. Includes access to office hours, webinars, and resources covering key topics like assignments, screen time, and attention.

## PARENT COACHING PROGRAM

Offers personalized one-on-one coaching for parents managing ADHD behaviors and family challenges. Focuses on behavior management techniques and empowerment strategies to help families move from overwhelm to confidence.

# Executive Function

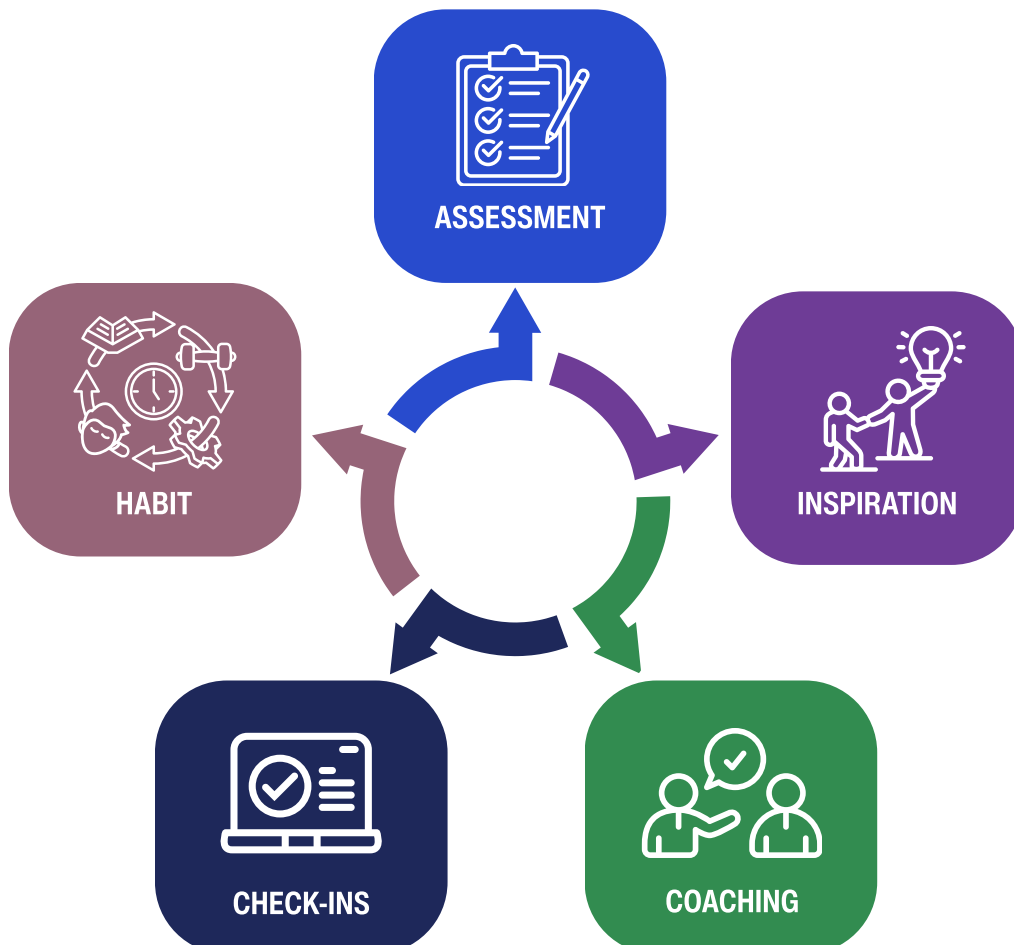
## Cognitive Skills

- Working Memory
- Getting Started
- Focus and Follow-Through
- Organization/Time Management
- Planning and Prioritizing

## High Level Cognitive Skills

- Impulsivity
- Flexible Thinking
- Emotional Control
- Self Awareness
- Stress Tolerance

## HabitCoach helps build Executive Function



# Who are we at HabitCoach?

HabitCoach is a new education company designed by industry experts. From TestingMom.com, a 10+ year old company bringing extensive experience in gifted and talented testing.

## Our Leadership



**Jon Zeitlin, M.Ed.** leads our team with impressive credentials:

- Co-founder of Hallowell Todaro ADHD Center
- Private practice ADHD Coach
- Veteran educator
- M.Ed., Stanford University
- B.A. Yale University

## Our Expertise

As experts in testing and services, we offer comprehensive support including tutoring and small group classes to meet diverse family needs.

## Highly Qualified Coaches and Affordability

We pride ourselves on maintaining the highest standards while keeping our services accessible:

- All coaches have Master's degrees
- Bringing services to all socioeconomic classes
- Experience in special education, coaching, or therapy
- Hired through intensive recruitment and screening
- Highest package still under \$100 per session
- Ongoing training and professional development

# CASE STUDY

## Outreach Assessment Lesson Identified

This case study features a parent with a 12-year-old child with "near ADHD" who has concerns about grades in school. Through our comprehensive assessment process, we identified key areas for improvement and developed a targeted coaching plan.



### Student Profile

- 12-year-old student
- Near ADHD diagnosis
- Parent concerns about academic performance

### Assessment Results

Strengths:

- Working Memory
- Self-Monitoring

Weaknesses:

- Organization
- Planning & Prioritization

### Goal Identified

We established a clear, actionable goal focused on building essential organizational skills:

- Set up planner each Monday
- Use every day

### Check-Ins

Our systematic approach included regular monitoring and support:

- Conducted twice weekly
- Progress recorded into profile

## Coaching Focus

The primary coaching intervention centered on keeping track of assignments, using visual tools and structured systems to support the student's organizational development.

# Habit achieved!

# EXAMPLES OF TOPICS WE COVER

Our comprehensive coaching program addresses the real-world challenges families face every day. We focus on practical skills that make the biggest difference in daily life, from morning chaos to classroom success.

## At Home

We help families establish smooth morning routines that set everyone up for success:

- Getting up on time
- Making your bed
- Packing your backpack

## At School

Our academic coaching builds essential study skills and classroom strategies:

- Timed assignments
- Building endurance
- Organizing ideas in an essay

## Social and Emotional

We support children in developing crucial interpersonal skills that enhance relationships and communication:

- Active listening
- Thinking before speaking
- How to interrupt less frequently

These topics represent just a sampling of the practical, everyday skills we help children master through our coaching programs.