Signature Plan - Richmond, Virginia

Our Signature Plan services support you and your family members who benefit from in-person sessions.

For many of our clientele, benefits of in-person services include:

- Alleviates stress and demands on your schedule/your family schedule as our coach comes to you.
- Rapport -building, fostering trust and connection
- Reduced distractions and focused environment equating to improved accountability
- Tangible tools and resources, with real-time demonstration and problem solving
- Practical applications in your personal environment
- Real-world practice
- Organizational support for your personalized space and needs
- Real-time intervention for coaches to observe and address challenges as they arrive
- Interpersonal practice including timing and sequencing for real-time social interpretation and interactions, for clients working on social executive functions
- Real-time support with body-doubling, for habit building
- Direct collaboration with real-time, situational-based problem solving

Richmond, Virginia
$199.00 Onboarding (phone/virtual); required for all Executive Function Coaching Services

$150.00 for one hour; on-site; Coaches come to you; requires a minimum of 12 sessions billed weekly on Saturdays.

$280.00 for two hours per week; on-site; 2 consecutive hours or 2 one-hour sessions.

Billing:

Executive function coaching is **not** covered by insurance as it is considered an educational and skills-based support service rather than a medical or mental health treatment. Coaching focuses on teaching and guiding practical strategies, processing approaches, and building lifelong habits specific to your needs—not diagnosing or treating a medical condition. For this reason, insurance companies categorize executive function coaching as a non-clinical service, similar to tutoring or academic mentoring.

Coaching Commitment:

New Agenda's Executive Function Coaching requires a minimum of a 12 week commitment for the coaching services. This allows the coach-client to build a relationship of trust, and work systematically to support the client's specific needs in the area of Executive Function Skills. Every session includes meeting preparation, session progress notes to keep you informed, a mid-week check-in, and the option to add additional sessions during the week, as needed.