



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

\$145.00 for one hour; on-site; Coaches come to you

\$275.00 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.