

ILD



INSTITUTE FOR  
LEARNING & DEVELOPMENT



Remote Executive Function  
Coaching and Support  
is back for college students:  
Save 5% on an 8-session bundle  
when you pre-pay prior to your first  
session!

Effective executive function strategies are the key to academic success! When students learn how to learn, they can deal with academic stresses and life's uncertainties with confidence, persistence, and resiliency! Our Master-level executive function (EF) coaches are trained to help college students develop an executive function toolbox with strategies for time management, organization, prioritization, flexible thinking, self-monitoring, study and test-taking, and self-advocacy, while also reducing stress!

### **Why college students choose ILD:**

- We are the learning disabilities and executive function specialists!
- Research-based and tested executive function strategies
- Virtual/remote coaching
- Individualized sessions
- Flexible schedules
- Record of success with college students!

### **Details:**

EF Coaching regularly \$178/hour

**Pre-pay for 8 hours and save 5%- \$1350**

Can purchase additional bundle during the semester

Contact [Joan Steinberg](#) for more information on all our educational services.