



## Dr. Clarence Perkins

ADHD | Executive Function Coach

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### Essential Coaching

- 4 hours of one-to-one coaching in a typical month
- 60 minutes of coaching per week (can be two 30-minute sessions)
- \$200 per hour

Is Essential Coaching for You? Are you or someone you know productive, but struggling to reach your potential? Are you looking for effective strategies for time and task management, planning and organization, and freedom from distraction? Do you feel that you can implement strategies with weekly contact with a coach?

### Essential Coaching with Check-in

- 6 hours of one-to-one coaching in a typical month
- \$190 per hour
- Essential Coaching plus one additional 30-minute mid-week check-in by video conference or phone

Is Coaching with Check-in for You? Are you or someone you know struggling to maintain a consistent schedule? Are you unable to manage time and tasks effectively? Are you unproductive due to lack of focus? Do you want to learn practical strategies with more support and frequent contact with a coach?



### Transformational Coaching

- 8 hours of one-to-one coaching in a typical month
- \$180 per hour
- 120 minutes of coaching per week

Is Transformational Coaching for You? Are you or someone you know looking for a holistic coaching experience and facing time constraints? Do you want to gain control over your life and address academic skills, business productivity, parenting, or relationship challenges within the shortest time span possible?