

HOW to find an Executive Function Coach

By Seth Perler, sethperler.com

Somebody just posted this on my TEFOS Facebook group: "I'm looking for a virtual executive function coach/tutor to work with my 16 year old. Any advice on how to find a good person?"

I get emails like this all the time, from parents asking me to recommend a "good" EF coach. This is not a matter of a quick recommendation, so I always reply with a video from my YouTube channel and blog that I made about how to find one.

Well today I'm going to give you some updated thoughts on this topic as well as a PDF checklist you can print to help you find one.

A FEW TIPS

1. See my group coaching program on sethperler.com
2. Look at my program and others to see what YOU want in a coach
3. Is there some buy in?
4. Will the coach have the difficult convos with you?
5. Beware of word of mouth recommendations
6. All coaches look good on paper, or on the internet
7. Good coach deals with resistance, not just strategies, iceberg theory
8. Good coach gets more and more buy in bc build trust
9. Your child may not be ready
10. Beware of how you get your child to be open to the idea, make it their idea
11. Don't just look for EF coaches
12. Beware of certifications as proof
13. Get someone who is flexible with how they help (example of me texting, etc.)
14. Don't just get started, get to know them first with a meet greet. Make sure your child connects with them

Questions to ask a prospective coach

1. Why did you become a coach?
2. What's your goal when coaching?
3. How can my child meet you to see if it's a mutual match?
4. How would you describe your coaching style or approach?
5. Are you good with tech?
6. How do you support families in unconventional ways in case my child needs something different?
7. How do you help students work with their own resistance?
8. How do you coach parents during the process?
9. How is your executive function and how does that impact your coaching?
10. What if my child doesn't want to work with you anymore?
11. Do you have any referrals we could call?