



**GET TOOLS FOR EFFECTIVE  
PLANNING AND FOLLOWING THROUGH,  
ORGANIZATION, FOCUS, & BALANCE**

# **MENTAL COACHING TO SUCCEED**

**For Neurodiverse Students**

**FREE 4-SESSION WORKSHOP**

**WEDNESDAYS**

**Feb. 1 - Feb. 22 & March 22 - April 12**

**3:00PM—4:30PM**

**PLEASE, READ BELOW FOR INFORMATION  
ABOUT CONTENT**



## **Mental Coaching Workshop Overview & Content**

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**Workshop Description:** This is a free 4-week workshop offered in series of 4 modules. It is designed to help students gain practical skills to help with planning, organization, time management, focus, and avoiding procrastination. Participants will also learn strategies to help cultivate restructure thinking patterns that may contribute to procrastination and other performance related difficulties. A summary of the discussed topics and experiential activities is provided below:

### **Module 1: Organization and Planning**

- The Concept of Neurodiversity
- A Cognitive-Behavioral Model for understanding difficulties associated with neuro-divergence
- Setting SMART goals
- Effective use of calendar and task lists

### **Module 2: Effective Following Through**

- Review of previously discussed strategies and home practice/implementation
- SMART actions and action plans
- Time management
- Managing distractibility

### **Module 3: Objective Effectiveness: Communication**

- Review of previously discussed strategies and home practice/implementation
- Introduction to cognitive-behavioral model for understanding experience
- Maladaptive thinking
- Introductions to cognitive restructuring

### **Module 4: Relational and Self-Respect Effectiveness**

- Review of previously discussed strategies and home practice/implementation
- Examining procrastination
- Applying adaptive thinking to prevent procrastination
- Putting all pieces together: troubleshooting difficulties

