

## Neurodiversity Coaching Services

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Coaching for executive function provides support in the areas of organization, planning, prioritizing, time management and focus. Executive function can help students do well in college. Most service providers do not accept insurance but can provide documentation that you can send to your insurance for reimbursement of services.

### Rachel Young

Phone: (253) 225-0074

Website: [Rachel Young](#)

Cost: Free Consultation/ \$125.00 individual / \$45.00 for group / Offers sliding fee scale

### Kristen Denney

Phone: (206) 354-3922

Website: [Kristen Denney](#)

Cost: Free Consultation/ \$160 individual/ \$40-\$75 group

### Creative Catapult

Phone: (206) 462-5006

Website: [Creative Catapult](#)

Cost: Free Consultation/ \$300 for 2hr session/ \$450 for 4 sessions

### Hello – The How Skills

Phone: (206) 395-5210

Website: [The How Skills](#)

Cost: \$175.00 individual

### Frances Coppa Coaching

Phone: (206) 280-6388

Website: [Frances Coppa](#)

Cost: \$125.00 individual

### Partner Up Coaching

Phone: (847) 525-2117

Website: [Partner Up](#)

Cost: \$75.00-\$250.00 individual/ Offers sliding fee scale

### Compass Coaching

Phone: (206) 778-9725

Website: [Compassion Coaching](#)

Cost: Need to call for cost

### Hallowell Todaro ADHD Center

Phone: 425-420-7345

Website: [Hallowell Todaro](#)

Cost: \$400 Initial Eval; \$100 for group which includes webinars

### ADHD Coaches Organization

Search for a coach in your local area and find other resources as well

Website: [Coaching Organization](#)