

Turn person-centered goals into everyday follow-through.

Structured virtual executive-function coaching for neurodivergent teens and adults.



One participant. One meaningful goal. A practical plan that gets used between sessions.

High-frequency accountability helps participants practice self-direction in real life - not only talk about it.

A STRONG FIT WHEN

- A capable participant knows what to do but cannot consistently start, organize, or finish.
- Family members are providing repeated prompting, monitoring, or rescue - and want to step back.
- The participant is navigating school, college, work, community participation, or more independent adult life.

SKILLS PARTICIPANTS PRACTICE

- Planning, prioritizing, time awareness, organization, and task initiation
- Emotional regulation, flexible thinking, self-monitoring, and self-advocacy
- Routines and systems that support education, employment, home, and community goals

HOW SUPPORT WORKS

- Individualized 1:1 virtual coaching with multiple weekly touchpoints
- Small, concrete action plans plus accountability between sessions
- Monthly progress snapshots tied to participant-selected goals
- Coordination with the participant, family, IF, and FMS when authorized

WHY INDEPENDENT FACILITATORS REFER

- Executive-function coaching experience since 2010
- Three-time Stanford Neurodiversity Summit poster presenter
- Featured in Forbes; led by Michelle Raz, M.Ed., BCC, CSS
- California SDP and FMS process experience

WHAT ONE SDP PARENT NOTICED

"Finding this coaching service has released me from constantly monitoring my son's activities... I see him taking more control of his responsibilities and developing self-confidence."

- Parent of a California SDP participant

Watch Michelle's Disability Voices United SDP presentation (segment begins around 32:00)

Common SDP alignment: 331, 334, 335, 339 and, when appropriate, 371. Final coding and authorization depend on the participant's IPP, spending plan, planning team, and FMS process.

Have one participant in mind?

Reply with age, regional center, and one or two goals - or scan to start a California SDP referral.

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START AN SDP REFERRAL