

Launch & Navigate

Neurodivergent College/Workplace Transition Coaching for Ages 17–24.

SUMMER 2026 PROGRAM · MAY 25 – SEPTEMBER 7

Failure to launch after high school is a real fear for many parents.

College and early adulthood demand executive functioning, social navigation, and self-advocacy skills that no class teaches directly. For neurodivergent young adults — whether autistic, ADHD, AuDHD, or anxious — the unwritten rules can become a wall. **This program turns that wall into a map.**

? What keeps you up at night

- They'll fall behind academically before anyone notices
- They'll be lonely, isolated, or hurt socially
- They won't ask for help — or know how to
- You'll be hours away when something breaks
- Burnout, shutdown, or coming home mid-semester

✓ What this program builds

- ✓ Concrete systems for assignments, sleep, hygiene, money
- ✓ Friendship-building scripts without forced masking
- ✓ Self-advocacy with professors and disability services
- ✓ Confidence to navigate independence on their own terms
- ✓ Burnout prevention — not burnout cleanup

What makes this different from a tutor or a therapist

1

Hidden Curriculum, Made Visible

The unwritten rules of college — taught directly.

2

Low-Demand Entry

Built for task-initiation struggles and burnout cycles.

3

Connection Without Masking

Authentic social skills — not performance.

4

Burnout Prevention

Catch the wobble before the fall.

The 6-Week Summer Program · weekly 1:1 coaching + midweek check-in

WEEK 1

Transition Map & Reality Calibration

WEEK 2

Executive Function Systems

WEEK 3

Living Skills & Sensory Setup

WEEK 4

Social Navigation & Roommates

WEEK 5

Professors & Self-Advocacy

WEEK 6

Regulation & Recovery

Heading off to college? **Continue virtually** for ongoing support once classes start.

Program Investment

6 weeks · one 60-minute coaching session per week · midweek check-in included

\$750

PAYMENT PLANS AVAILABLE

Start with a free 20-minute consultation.

We'll talk through your young adult's situation and whether this is the right fit — no pressure, no sales pitch.

Dr. Kathryn Egan, DPS

Lead Neurodivergence Coach

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