Is coaching right for my patient?

Check the statements with which you agree. More than 7 checks indicates your child is ready for coaching! Sarahkesty.com/coaching has your next steps



- [ ] My patient expresses frustration with his/her brain.
- [ ] Homework takes more than 2 hours, and not for lack of trying.
- [ ] My patient tries different strategies to support their learning, but nothing has "stuck" yet.
- [ ] I just gave the child a diagnosis of ADHD, learning disability, autism or another challenge, and the family needs support.
- [ ] The parents may over-manage my patient, but they would like him/her to be more independent.
- [ ] This patient seems genuinely confused by seemingly "easy" tasks, like managing homework.
- [ ] Report cards mention "unfulfilled potential" or things my patient could do, "with a little more effort."
- [ ] Assessments at school rarely show what my patient actually knows.
- [ ] Parents report that his/her room is a total mess.
- [ ] This patient seems open to help but isn't consistently asking for it.
- [ ] Parents know some strategies to teach to their child, but they're not sure how to do so.
- [ ] My patient struggles with the rollercoaster of last-minute grade-saving each school term.
- [ ] My patient may need more intervention than medication alone or family is opposed to medication.

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