



ASD Life Coaching / Life Coach

Experience College / University Living

The daily lives of many young adults with ASD have typically been organized by their parents. But once they leave home, young adults with ASD can be overwhelmed by the choices that they must make everyday. They will need to master the skills required to make good choices and plan their day themselves. For example, some students may live in an apartment alone or with a roommate. With either option students must learn to handle tasks of everyday living such as; grocery shopping, preparing meals, doing laundry, studying, paying bills and maintaining their living space. For example, getting out of bed for class in the morning can be a significant challenge for students with ASD.

Y's Owl Maclure believes that if young adults have the right support they can thrive in college and university. This support can be provided with one on one Life Coaching. Life Coaching is about helping young adults with ASD to set and achieve individualized personal and educational goals using person directed planning, getting results, sharing insights and inspirations, applying proven life coaching strategies, building a new and stronger level of independence, learning how to cope with issues like:

- Lifeskills
- Organizing schedules and workspaces
- Studying / note taking /completing assignments
- Social interactions /Healthy Relationships
- Time Management
- Money Management
- Managing Depression and Anxiety
- Personal Safety
- Healthy Living (exercise, eating well, etc..)
- Personal Appearance
- Employment Support

Y's Owl Maclure Life Coaches will build a relationship with each young adult by earning their trust, listening to their concerns, asking questions, exploring options and helping to set priorities.

Life Coaching Cost: \$ 45 per hour

Parents and students that are interested in looking into **Life Coaching** services are invited to contact Suzanne Ford, Y's Owl Maclure at 613-721-1500 extension 19 to determine the level of support a student will require in college/university.