

# College Student Life Coaching College Success Program

## Welcome to the College Success Coaching Program!

The College Success Coaching Program was created by Wayne Kessler, a Social Worker and Certified Coach to help new and existing college students master the skills and behaviors needed to make a healthy adjustment to college life, and successfully meet the academic and social expectations in college. The program helps students to unlock their full potential and make the most of their college experience. It is a 12-week, semester-long program, designed to provide students with the guidance, support, and skills they need to thrive academically, personally, and professionally.

## About the Program

The College Success Coaching Program is a comprehensive and personalized program specifically tailored for college students. Led by an experienced life coach and therapist who specializes in student success. The program has been in existence since 2009, and over that time, we have worked with students from most of the colleges in the Boston area. This program has empowered students to overcome challenges, set and achieve goals, develop essential life skills, and create a meaningful and fulfilling college experience.

## What Participants Can Expect

1. **Personalized Coaching:** Receive one-on-one coaching sessions with a dedicated life coach who will provide weekly individualized weekly coaching sessions and email and text support, as needed, throughout the program.
2. **Goal Setting and Planning:** Learn effective goal-setting techniques to help you create a clear vision for your college journey and develop a strategic action plan to achieve your objectives.
3. **Time Management:** Master the art of time management and discover strategies to balance your academic workload, extracurricular activities, and personal life more efficiently.
4. **Stress Management:** Acquire practical techniques to manage stress, stay motivated, and maintain a healthy work-life balance during your college years.
5. **Study Skills:** Enhance your study habits and learn proven techniques for effective note-taking, exam preparation, and maximizing your learning potential.
6. **Communication and Networking:** Develop essential communication skills to build strong relationships, collaborate effectively with peers, and establish a professional network for future opportunities.
7. **Self-Care and Well-being:** Learn how to prioritize self-care, mental health, and well-being as fundamental components of your college journey, and gain tools to navigate challenges with resilience.

## Program Details

- **Duration:** 12 weeks (one semester)
- 8. **Format:** Combination of one-on-one weekly Zoom coaching sessions, email, and text support, as needed, throughout the program.
- **Weekly Practice:** Students will complete skills practice during the non-coaching time
- **Price:** \$1,794 Billed in 3 Monthly payments of \$598

## **Enroll Today**

Enrolling in the College Success Coaching Program is easy. Enroll today and set yourself up for an exceptional college experience that goes beyond academics. Take the first step towards realizing your full potential and becoming the best version of yourself.

Contact us to learn more at 781-956-9999, or email us to set up a free consultation at [wayne@bostonmabusinesscoach.com](mailto:wayne@bostonmabusinesscoach.com) for more information.

## **Testimonials**

"Thanks to Wayne and the College Success Coaching Program, I was able to get a handle on semester assignments and improve my time management and planning skills, reduce and manage my stress, and excel in my studies. It's been an invaluable experience!"

Jing L. Suffolk University

"The program's personalized coaching sessions helped me identify and stick to my goals and stay focused throughout the semester. I highly recommend it to any college student looking for guidance and support."

John R. UMASS Boston

We signed our daughter up for the program hoping to give her support as she was very shy. Her coach Wayne was amazing at answering all of our questions and letting her know what to expect so she could plan her time. She had a huge course load but rose to the equation when needed. To our surprise, she also got involved in several social groups at college which help her adjust very well. Thank you, Wayne, for helping her make that transition! I recommend Wayne to anyone in a similar situation. Prita S.

Northeastern University

Our son with ADHD struggled in high school so we wanted to give him the support he needed in college. Wayne's support and guidance were just what our son needed to get on track and stay on track during his first semester. Wayne tailored a customized program for him based on his strengths and challenges. We are hoping he will use the skills he learned during the program to be as successful his next semester as he was during the first. Jamal P.