



EFTakeOffCoaching  
卓行咨询

## Coaching Roadmap (Adult Clients)

Coaching is not a fixed program. We co-create the focus based on what is most relevant to your life. Sessions often move through these general phases.

### Phase 1: Understanding & Stabilizing (Sessions 1–2)

Clarifying what is not working, understanding stress and overload patterns, and identifying immediate pressure points.

- Feeling overwhelmed or scattered
- Difficulty starting or finishing tasks
- Work-life imbalance
- Parenting stress or mental load

Goal: Reduce noise and create steadiness.

### Phase 2: Skills & Structure (Sessions 3–6)

Building practical systems that fit how your brain works and replacing “shoulds” with realistic strategies.

- Time and task management
- Planning without over-planning
- Follow-through and procrastination
- Emotional regulation under stress
- Executive functioning or ADHD-related challenges

Goal: Make daily life feel more manageable.

### Phase 3: Refinement & Ongoing Support

Adjusting what works, applying skills to new situations, and supporting consistency over time.

- Life transitions or changing demands
- Work or parenting challenges as they evolve
- Boundaries and decision-making
- Preventing burnout and backsliding

Goal: Support consistency, not perfection.

### What Sessions Look Like

Sessions are collaborative and practical. We typically check in briefly, work through one or two concrete challenges, and identify a small, realistic focus between sessions. There is no homework unless it is genuinely helpful.