

MARANO

EXECUTIVE FUNCTION

COACHING



Helping young adults (18-25) build skills to confidently navigate life changes and manage new responsibilities.

Tess Marano, M.A., Ed.S.
Nationally Certified School Psychologist

WHAT I OFFER

One-on-one executive function coaching focused on:

- **Time Management & Organization** - learn to plan effectively and avoid last-minute stress
- **Goal Setting & Follow-Through** - turn your big goals into achievable steps
- **Attention & Focus Strategies** - minimize distractions and maximize productivity
- **Stress Management** - build resilience for academic and career success

DETAILS



Contact for pricing



M-Th, 4pm or later

Sessions offered virtually



maranoefcoaching@gmail.com

Email to book
your first session
today!