

Terry Lamb's Inner Edge
Coaching Program for Students & Young Adults

Design your own curriculum and select 10 out of 15 coaching sessions!

1. **Inventory of life and academic skills**
 - Using Inner Edge Technologysm, we assess your preparedness for your learning experiences and environment.
2. **Setting your short- and long-term goals for learning and life development**
 - Using Session 1 as a foundation, this session focuses on setting strategic, measurable, actionable, and timely goals.
3. **Personal SWOT Analysis Development and Review**
 - With the support of Inner Edge Technologysm, this session helps you identify your key strengths, weaknesses, opportunities, and threats in life and learning.
4. **Achieving Life Balance**
 - We explore the full range of activities required to maintain your life and develop scheduling and organizational routines, including academic load balancing and the balance of work, study, and fun.
5. **Enhancing Study Skills & Resources**
 - In this session, we examine your current study skills and resources and develop strategies for using them.
6. **Developing Essential Academic Skills**
 - In this session, we will identify the skills you need to develop to accomplish your goals and map out the path to developing those skills, from planning to research to writing, as well as creative project completion.
7. **Developing Your Academic Plan (Session 1 of 2)**
 - This session will help you develop your long-term master plan. For example, a plan for completing college requirements, getting into internships and post-graduate programs, entering your profession, taking advantage of mentoring opportunities, how to create a network to help you after you graduate.
8. **Developing Your Academic Plan (Session 2 of 2)**
 - This session will help you develop your plan to achieve your goals, continuing the process in #7.
9. **Refining Your Daily Routine**
 - In this session, we will discuss strategies for using your appearance to maximize your response rate.
10. **Focus Session: _____**
 - This session will direct our attention to an area of critical importance to your goals. For instance, enhancing reading, writing, logic, or speaking skills; stress reduction techniques; topic, research, or project development. May be repeated as needed.
11. **From Academic to Professional Success (Session 1 of 2)**
 - I will review and critique current academic plans, then we will identify what needs developing and how to do so.
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13. **Specific Project Coaching**
 - Guidance to take you through a specific project or test.
14. **Professional Transition Coaching**
 - Establishing criteria for transitioning into the next phase of your life.
15. **Create a Time-Sensitive Definitive Action Plan Matrix**
 - Using Inner Edge Technologiessm, we will identify potential difficult periods and create a semester (term) schedule and daily routine to build health, happiness, and academic success, which will include the skills to do this on your own in the future.