
























## New Client Packages '19-'20

Package	<i>Root &amp; Rise</i>	<i>Leap &amp; Land</i>	<i>Leap, Land, &amp; Run</i>
# Sessions	Assessments only	1 semester (14 weeks)	2 semesters (28 weeks)
Assessments & 2 hours of debrief			
4 Core Lessons	X		
Organization: Binders and Papers	X		
Organization Maintenance	X		
Breaking down long-term projects, midterms/finals	X		
Time management/ prioritization of time	X		
Study strategies/ test-taking strategies	X		
Mindfulness: The habit of success	X		
Problem solving skills: The direction of success	X		
Communication skills: The link to success	X		
Vision/ Motivation: The passion of success	X		



= touched on



= taught and practiced



= in depth & habit development