

Life Skills Champions - Champion Coaching Program

Empowering and equipping neurodivergent individuals with tools and support to pursue their most fulfilling lives.

Program Vision

To empower neurodivergent individuals by providing customized, strengths-based, and practical support that promotes greater independence, confidence, and overall well-being.

About the Champion Coaching Program

Life Skills Champions offers **one-on-one support services** designed to help clients develop essential life skills through individualized, goal-oriented, and holistic programming. Every program is tailored to meet each client's unique abilities, needs, and aspirations.

Core Focus Areas

We create **customized plans** in the following skill domains:

Daily Living Skills

Personal hygiene & grooming

Meal planning, grocery shopping, and cooking

Home organization & cleaning

Time management & routines

Social & Communication Skills

Conversation practice & nonverbal cues

Conflict resolution

Community engagement

Online communication & safety

Executive Functioning

Planning & prioritizing

Focus and task initiation

Emotional regulation

Problem solving

Money Management

Budgeting basics

Understanding bills & banking

Using cash, cards, and mobile payments

Financial responsibility & saving

Vocational Readiness

Resume building

Interview practice

Job search strategies

Workplace etiquette

Health & Wellness

Nutrition and fitness education

Medication routines and safety

Stress management

Sleep hygiene

Community Navigation

Using public transportation

Reading maps and schedules

Practicing safety in public spaces

Who We Serve

Neurodivergent youth, teens, and adults (e.g., individuals with Autism, ADHD, learning differences, anxiety, and related profiles)

Individuals seeking greater independence at home, work, school, or in the community

Families who want coordinated, compassionate support for their loved one

Our Approach

Person-centered: Each program is tailored to the client’s goals, preferences, learning style, and support needs.

Strengths-based: We focus on what the individual can do and build from there.

Trauma-informed: All support is delivered with respect, patience, and understanding of past experiences.

Skill-building through real-world practice: We work *with* clients in real-life settings to apply skills meaningfully.

Holistic & collaborative: We collaborate with families, caregivers, educators, and clinicians when appropriate.

Program Structure

Component	Details
Initial Assessment	Intake meeting and strengths/needs evaluation
Individualized Plan (ILSP)	Custom Life Skills Plan with measurable goals
1:1 Support Sessions	Weekly sessions with a dedicated specialist
Progress Tracking	Ongoing evaluation with quarterly updates
Family/Caregiver Collaboration	Optional coaching and communication loops

About the Founder: James Warwick


James Warwick is the founder of Life Skills Champions and a passionate advocate for neurodivergent individuals. With a background in behavior services, coaching, education, and community support, James brings a person-first approach to developing meaningful life skills programs rooted in compassion, dignity, and empowerment.

Get Started

We’re ready to help you or your loved one take the next step toward greater independence.

 Visit: lifeskillschampions.com

 Email: jameswarwick@lifeskillschampions.com

 Call/Text: 630-267-2124