

Reaching your Goals

We understand a brain injury is an interruption to your life and attaining the goals you set for yourself prior to your injury.

Wouldn't it be great to get back into an active lifestyle, and regain control of your life?

If you are you ready to begin the work, Advance Coaching & Training would like to partner with you in realizing your untapped potential and rediscovering a joyful and productive lifestyle.

Our goal for you is to reach beyond your present limits, to find the support you deserve and the personal freedom to .. **Advance.**

ADVANCE COACHING & TRAINING, INC.

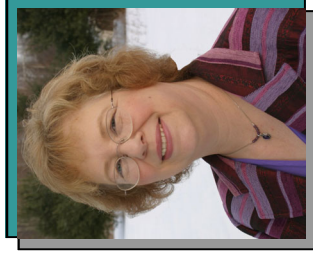


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The People Behind ACT

Advance Coaching & Training, Inc. was founded by Patricia Fountain, a NYS certified teacher, life coach and director/CEO of ACT.



A veteran of many years working in the field of brain injury, Ms. Fountain developed numerous varied and comprehensive services including several day programs in both the Adirondack and Capital Regions of NY.

At Advance Coaching and Training you will find her facilitating groups at NextStep Center, teaching life skills in private homes or training and supporting her professional staff as they also participate in the mission and vision of ACT.

ACT professional Life Skills Coaches and NextStep Trainers have the education and training to provide the highest standards of services. Their personal dedication and vision provide inspiration to those they support.

Most importantly, those who allow us to partner with them in their recovery, inspire us and each other daily with renewed hope and joy.



ADVANCE COACHING
& TRAINING, INC.

Serving Fulton, Montgomery,
Saratoga & Warren Counties

Recovery After Brain Injury

TBI Medicaid Waiver Services



518-883-4906
www.A-C-T-S.COM



ADVANCE ... TAKE THE NEXT STEP TO RECOVERY

Recovery after brain injury is a process of continuing self-discovery.

The most important person in the process is you!



Recovery is all about strategies*.

You have a great deal of knowledge, skill and experience acquired before your brain injury.

What may now be difficult for you is details, organizing or the sequence of steps to do many of the tasks that once were easier for you.

Find the support you deserve to explore new horizons.

That's where strategies come in...

The key to recovery is discovering which strategies to use and learning to make those strategies a part of your daily life.

***Strategy:**
A carefully devised plan of action to achieve a goal, or the art of developing or carrying out such a plan

Ready for YOUR next step?

At Next Step Training Center you can join daily classes, discussion and special interest groups, and service projects.

The hallmarks of our program are:

- **Action Learning** and
- **Service Learning**

In Action Learning you work with a small group of people focusing on your goals, projects and the actions you will take to improve your skills.

Service Learning takes place in partnership with community agencies. Service projects teach skills, provide job training and make a positive difference in the community.

Structured opportunities within both types of learning link tasks to self-reflection, self-discovery, and the acquisition of skills and knowledge related to each person's individual goals.

Computer assisted cognitive skills training is included in the daily curriculum. You will also be able to sign up for computer classes and computer time.

Find training and support to pursue your goals, consider taking your NextStep with us!

Life Skills Coaching

Our professional Life Skills Coaches are trained to assist you in finding what is blocking your recovery and to help you learn strategies to move forward again.

You and your coach will work together starting with finding your strengths, development opportunities and selecting specific goals you wish to pursue.

You will develop plans to reach for goals while doing activities that are important to you and enjoyable.



Stay on the path to your goals. Learn the strategies you need to succeed

Find Out More ...

Contact ACT to find out how to get your own Life Skills Coach or to learn more about enrolling in classes at NextStep.

*NextStep Training Center is open daily Monday—Friday 8:30 AM to 3:30PM.**

Coming to Queensbury at the SAIL Center March 31, 2008.