

Devin Tomiak, Academic Life Coach

Target Audience

Teens and young adults — both neurotypical and neurodivergent — who want to develop greater self-awareness, motivation, and direction in school, career, and life.

Pain Points

I support teens and young adults who struggle with:

- Study skills and academic success
- Procrastination and task follow-through
- Motivation and sustained focus
- Creating positive habits that stick
- Burnout
- Goal-setting and direction
- Relationships with family and peers

Benefits

Through **strengths-based**, customized, one-on-one coaching and group workshops, I help teens and young adults:

- Develop confidence, resilience, self-advocacy skills, and a sense of purpose
- Learn science-based tools for focus, follow-through, and emotional regulation
- Build study and organizational systems that work for their brain
- Strengthen self-command using Positive Intelligence (PQ) practices
- Create habits that last — and celebrate progress along the way

What Makes Me Uniquely Qualified to Help

My approach weaves together academic insight, neuroscience-based tools, and compassion to support lasting growth and change.

- 20+ years working with youth — from SAT instructor to life coach
- Certified by CTEDU
- Utilize Positive Intelligence (PQ) tools
- Experienced supporting both neurotypical and neurodivergent students
- Passionate about helping teens and young adults thrive — not just survive