

# Benefits of Gray Matters Coaching:



- Feel better about yourself
- Understand your brain injury (this can benefit family, friends and Caregivers)
- Learn to compensate and use accommodations
- Use strategies that will direct you toward being more-able (i.e. not disabled)
- Serves as a support for families of brain injury survivors
- Listen to your inner voice
- Be aimed toward a balance
- Pay attention to cues your body is giving you
- Let go of blocks that are getting in your way
- Train yourself to give positive self-talk (instead of the negative)
- Boost your self-confidence and self-respect
- Create a vision for your life
- Form goals that will aim you toward your vision
- Break goals down into realistic baby steps
- Will hold you accountable
- Come to better value yourself and what you are capable of
- Re-chart your course!