



Excel as You

Coaching Young People for
Sport, Learning and Life

NDIS Support Guide

Building functional skills for NDIS participants

Excel as You's personalised coaching helps young people build the skills they need to live **independently and successfully** – now and in the future.

This guide is designed to help **self-managed** or **plan-managed** participants understand how supports provided by *Excel as You* can be claimed under their NDIS plan.



What supports does *Excel as You* offer?

Excel as You helps young people strengthen the skills and habits that support day-to-day success:

- Motivation, focus and follow-through
- Organisation, planning and routines
- Life-stage transition skills (school → work → independence)
- Participation in learning and society

EaY's coaching is grounded in evidence-informed practice and tailored to each participant's goals, delivered with belief in their capacity to grow.



Relevant NDIS Support Categories

Excel as You offers supports that may align with the following NDIS registration groups:

- 0102 – Assist Access/Maintain Employment
- 0106 – Assist Life Stage, Transition
- 0107 – Assist Personal Activities
- 0117 – Development of Life Skills
- 0125 – Participate Community

Note: These categories describe the type of support available — not a guarantee of funding. Plans must include relevant goals and funding for capacity building.



Claim support

Invoices

Excel as You provides NDIS-compliant invoices that meet the documentation requirements for self-managed and plan-managed participants.

Before booking

- Review your NDIS plan goals with your support coordinator or plan manager to ensure they align with *Excel as You* supports.
- Contact Chris at *Excel as You* to discuss your young person's specific needs and suitability.

Contact

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***Support that fits the plan –
and the person.***

Get in touch.

