



EXECUTIVE FUNCTIONING COACHING YOUTH & TEENS PROGRAM

**A DYNAMIC NEW APPROACH TO DEALING WITH EXECUTIVE FUNCTIONING
CHALLENGES BASED ON LATEST SCIENTIFIC RESEARCH**

ESSENTIAL SKILLS

- ▶ **Executive Functioning (EF) skills are the essential tools anyone requires to be successful in ANY walk of life.**
- ▶ **As the attributes that enable us to multitask, solve problems, and adapt; they foster resilience & efficient time management; directly impacting our productivity & performance in all areas.**
- ▶ **While developing and maintaining these core skills is a challenge for many people, they can be coached, practiced, and, quite crucially, improved upon.**

NEURODIVERSITY: ADHD, AUTISM, DYSLEXIA & MORE

- ▶ **Impairments in EF can be associated with disorders like ADHD, autism, dyslexia, anxiety, depression, and traumatic brain injury**
- ▶ **Individuals may struggle with planning, organization, and self-control, impacting their daily lives.**

MAXIMIZE POTENTIAL

In many cases, though, people who have challenges with EF are extremely intelligent & capable, and with significant potential to achieve & be highly successful.

APPLYING AN APPLIED POSITIVE PSYCHOLOGY & COACHING PSYCHOLOGY APPROACH BASED ON THE LATEST SCIENTIFIC DATA & RESEARCH TO CREATE A TAILORED APPROACH FOR YOU & YOUR CHILD FOR THEIR OWN UNIQUE CONTEXT

WE WORK TOGETHER WITH YOU

(and your medical professional, where appropriate) to:

- ▶ Develop a **UNIQUE, CUSTOMIZED PLAN** tailored to your child, you & your family context;
- ▶ Define your child's and your **PERSPECTIVE & PERCEPTION OF TIME** to improve your child's executive functioning & approach in developing (or adapting) time management systems that embrace & acknowledge their unique traits;
- ▶ **APPROACH EF CHALLENGES IN A MORE PRACTICAL & POSITIVE WAY**, highlighting **TRAITS & ASPECTS OF NEURODIVERSITY THAT CAN BE USED AS 'SUPERPOWERS'** enabling a better understanding & mindset for parents, children & other family members; and
- ▶ Build **SKILLS, STRENGTH & TACTICS** for **EVERY DAY USE & LONG TERM BENEFIT.**



SCAN THE QR CODE FOR A LINK WITH MORE INFORMATION ABOUT EXECUTIVE FUNCTIONING AND DOWNLOADABLE PDF
ourbestpractices.com/intentional-attention-program/

Included in the **Our Best Practices Intentional Attention Program Package** :

- ▶ 5 in-person Sessions Coaching Program Sessions PLUS Free Initial Zoom Chemistry Session
- ▶ \$750 Value
- ▶ Reporting & 'Next Steps' Session (Zoom or in-person, as appropriate) following Completion of the Program.