



Executive Functioning Workshop

Facilitated by: Heather Johanson

Themes of Week 1

- Understanding my Executive Functioning Strengths and Weaknesses
- Organization Hacks & Systems

Skills:

1. Participants will be able to clearly articulate where their strengths and weaknesses are in the area of executive functioning and have the skills to advocate for themselves.
2. Participants will be able to apply organizational strategies and systems for managing their spaces and possessions.

<u>SELF - REGULATION</u>	<u>ATTENTION</u>	<u>SKILLS</u>
<ul style="list-style-type: none">● Emotional Control● Response Inhibition● Stress Tolerance● Flexibility/ Cognitive Flexibility● Metacognition	<ul style="list-style-type: none">● Sustained Attention● Task Initiation● Goal-Directed Persistence	<ul style="list-style-type: none">● Planning/ Prioritization● Time Management● Organization

Working Memory - "The Executive Assistant"



Themes of Week 2

- Procrastination - Friend or Foe?
- Keeping Track of Life
- Health & Mental Health
- Cooking Project!

Skills:

- 1) Participants will be able to articulate what might be at the heart of their procrastination tendencies and how to avoid the [instant gratification monkey](#).
- 2) Participants will create a personalized life tracking system and begin to track important appointments, dates, and general "life-stuff".
- 3) Participants will explore and define different types of exercise and coping mechanisms that support their personal physical and mental health.
- 4) Participants will pick a recipe, shop for needed items, and cook or bake for the family.

Themes of Week 3

- Metacognition and Mindful Hacks
- Life goals and how to accomplish them
- Reflection and Celebration

Skills:

- Participants will build on the wellness work from the week before and learn more about applying mindfulness and how to use metacognitive strategies (thinking about your thinking)
- Participants will establish short and long term goals and learn to use SMART goal methodologies to break them down into manageable chunks
- Participants will "present" their learnings, reflections, next-steps, concerns, and potential road-blocks to the group