



Executive Functions Workshop

This is a lecture and laboratory one day online workshop designed to assist educational therapists, teachers, school administrators, or parents in understanding executive functioning and its development from early childhood to adulthood. A variety of strategies, activities, and tools for coaching executive functioning skills are discussed and practiced.

Successful completion of this workshop will enable participants to identify, assess, and coach student needs in the process of executive functioning development.

One day online workshop, no pre-course work.

Prerequisites

None

Workshop Description

The following topics are addressed in this workshop:

Philosophy

Neuroplasticity, executive functioning development across the lifespan, effective coaching practices, growth mindset, cognitive functions, and the ADHD connection

Intervention

Practical application of the theories, activities, strategies, and tools for coaching students with executive functioning challenges

Assessment

Executive Skills Questionnaire – Student Version (Dawson & Guare, 2023), informal observation, progress monitoring

Upon completion of this course, the participant will be able to:

1. Understand the key components of executive functioning.
2. Define executive dysfunction.
3. Understand the role of ADHD, anxiety, depression, and Autism in relation to executive functions.
4. Understand the process of executive functioning development
5. Understand his/her own executive functioning profile and how it impacts work with students

6. Assist students in understanding their executive functioning profile, discovering their own strategies, and setting/monitoring their own executive functioning goals

Executive Functions Review

This was a worthwhile course that I would highly recommend to teachers, parents, and therapists alike. It's a fantastic resource for anyone looking to deepen their understanding of executive functions and improve their approach to supporting children in this area.

I now feel more equipped to help the children I work with manage their executive function deficits in effective and supportive ways.

Sam Foster

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