



*Learn how to support
the development of
all aspects of
executive function
at school*

EXECUTIVE FUNCTION PROFESSIONAL DEVELOPMENT

The content of executive function (EF) skills professional development is focused both on the teachers and the students. First, Dr. Jenn guides educators through the process of becoming more aware of their own EF skills, including how to manage and develop them. This meta-cognition allows educators to better support their students as they go through the process of managing their EF skills. Next, teachers learn how EF skills show up in children. Finally, teachers learn how to help students by co-creating plans with students to help them manage and develop their own EF skills.

This training can also be done for families, helping caregivers better understand their own EF skills and how they can support the development of their children's EF skills.

EF SELF-AWARENESS FOR EDUCATORS

- Introduction to the 12 distinct elements of EF.
- Self-survey prompts reflection on educator's own EF strengths.
- Further learning about the 12 elements of EF.
- Learn how to strengthen their weaker EF skills.
- Learn how to keep their strongest EF skills from going into overdrive.
- Develop plans for how to better manage their own EF skills.

EF FOR STUDENTS

- Self-survey reflecting on students' EF strengths.
- Learn how to help students strengthen their weaker EF skills.
- Learn how to help students keep their strongest EF skills from going into overdrive.
- Develop plans for how to help students better manage their EF skills.

**Reach out to Dr. Jenn to discuss how to
increase your school community's
knowledge and expertise in
EXECUTIVE FUNCTION!**