Executive functioning (EF) is a term used to describe the many tasks our brains perform that are necessary to think, act, and solve problems. EF includes tasks that help us learn new information, remember and retrieve information we’ve learned in the past, and use this information to solve problems of everyday life. Many children with ADHD and LD’s have EF deficits. EF’s are crucial for school success and deficits in EF may cause problems for students with LD’s and ADHD in several important areas: getting started and finishing work, remembering homework, memorizing facts, writing essays or reports, working math problems, being on time, controlling emotions, completing long-term projects, organization, and planning for the future. These deficits begin to surface in middle school and increase into high school as curriculum requirements and academic expectations change.

What is coaching?
Coaching is described as a thought-provoking and creative process that inspires individuals to maximize their potential. Coaches help to identify the skills and capabilities that are within a person and enabling them to use them to the best of their ability. Coaching can increase independence within the individual and help to promote self-reliance. Coaching has proven to be a powerful intervention for children and youth with exceptionalities, particularly children with deficits in executive function and attention. This workshop will teach parents life coaching strategies from a trained, professional coach who specializes in working with children who have learning disabilities, ADHD and executive function disorder.

At the end of this workshop parents will:
• have a better understanding of what executive function is and how it gets in the way of student learning
• increase their knowledge of what “coaching” is, and how using coaching strategies can help support their child’s executive function challenges such as planning, organizing, remembering, getting started, staying on task, motivation and following through
• discover how practical strategies for communicating with your child can set the stage for success
• help their child establish and meet academic and personal goals

Workshop Information:
Thursday, October 20th, 2011
6:30pm – 8:30pm
$35 (second parent/guardian receives a 50% discount)
LDA-York Region
11181 Yonge Street
Richmond Hill, Ontario
(905) 884-7933 EXT. 21
Email: info@ldayr.org
www.ldayr.org

Workshop fees are transferable but non-refundable.