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Gets Things Done!



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### Executive Functions

“The executive functions are a set of processes that all have to do with **managing oneself** and **one's resources** in order to **achieve a goal.**”

(Cooper-Kahn & Dietzel, 2008.)

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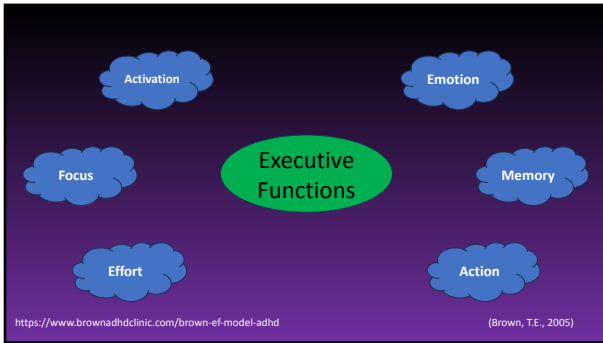
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# Activation



- Organizing
- Estimating time
- Prioritizing
- Getting Started

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# Focus



- Directing attention
- Sustaining concentration
- Shifting focus

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# Effort



- Regulating alertness
- Sustaining energy
- Processing speed

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# Emotion



- Managing frustration
- Modulating emotions

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# Memory



- Utilizing working memory
- Accessing recall

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# Action



- Monitoring actions
- Regulating behavior

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# Your Internal Management System



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# Executive Function Under Stress



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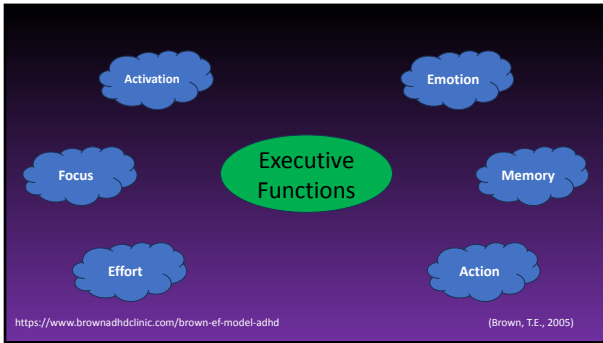
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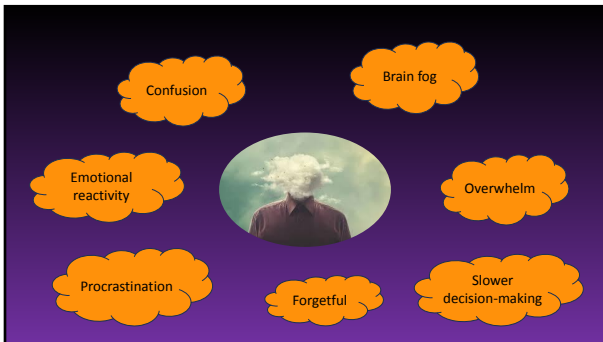
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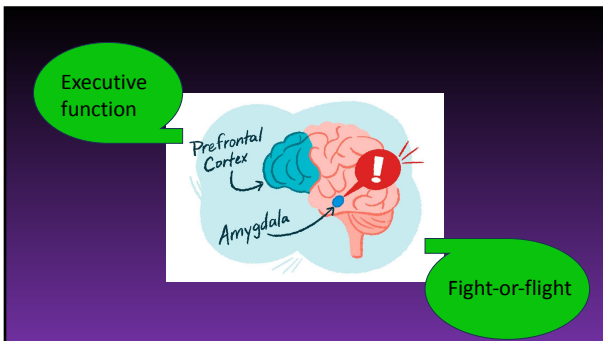
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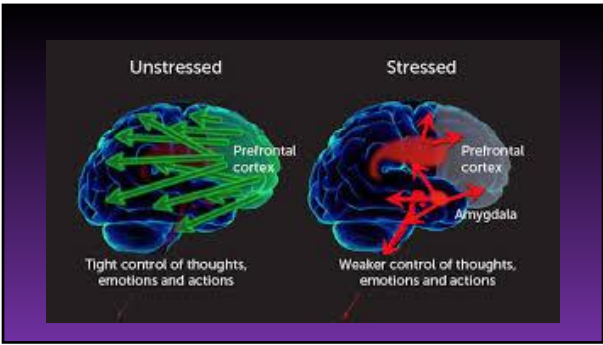
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# Powerful Presence



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# Mindset + Presence

- Trust & Safety
- Agreement
- Active Listening
- Evoke Awareness
- Facilitate Growth

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# Ethical Considerations

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## Remember arts & crafts?

### As a client...

Share your experience

### As a coach...

- Believe in the wholeness of your client.
- Be present and listen with a compassionate, EF lens.
- Get curious about the client's vision of themselves.
- Acknowledge who they are in the struggle.

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## Coaching the stressed brain

- Believe and be curious - mindset and presence
- Check client readiness
- Acknowledge strengths and successes
- Listen for limiting beliefs
- Zoom out
- Provide permission to customize
- Explore ways to reduce overwhelm
- Design experiments, rather than plans

Adapted from ADDCA Combined Markers (2023)

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When you change the way you look at things,  
the things you look at change.

~ Max Planck

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What  
Questions  
Do You  
Have?



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