



**BACK
TO
SCHOOL**

**EXECUTIVE SKILLS
COACHING GROUP**



Get ready for the new school year with our Executive Skills Coaching Group

For youth, 11-13 & 14-16

Anchor Psychological Services

August 22, 24 and 26

8:30-11:30AM

Facilitated by

Dr. Rachel Driscoll and Julie McIsaac, PhD

\$495 for the week

Space is limited. Call to learn more.

613-722-7373



Executive function is a set of skills that help us learn and manage daily life. ADHD impacts executive function. It may look like:

- Having trouble starting and/or completing tasks
- Having difficulty prioritizing tasks
- Forgetting what they just heard or read
- Having trouble following directions or a sequence of steps
- Panicking when rules or routines change
- Having trouble switching focus from one task to another
- Getting overly emotional and fixate on things
- Having trouble organizing their thoughts
- Having trouble keeping track of their belongings
- Having trouble managing their time
- <https://www.understood.org/en/articles/what-is-executive-function>

This group is designed to create opportunity for students to engage in self reflective thinking, learning from peers, and skill building to set personal goals and identify tools to support learning.

