

NOW OFFERING...

Executive Function Coaching



Ask about our:

- Individual Sessions
- Group Sessions for kids & teens
- Parent and Teacher Workshops Series
- Services for Adult ADHD

Our Executive Functioning support can help with

Organization

Loses homework, does not turn in completed work, messy workspaces

Time Management Skills

Procrastination, losing track of time, and problems finishing things

Sustained Attention

Easily sidetracked, short attention span, difficulty sticking with work

Working Memory

Problems following directions & remembering things just heard or read

Self-Regulation

Acts without thinking, interrupts, rushes through work, easily frustrated

EXECUTIVE FUNCTIONING (EF)

The brain's ability to make and execute plans.



EF skills are a bigger indicator of future academic success than IQ

EF skills impact success in adult life



Building EF skills can be a useful tool in the management of ADHD symptoms

TO SCHEDULE CALL
770.375.8124

**HEALTHY MINDS
PSYCHOLOGY ASSOC**

1479 Brockett Road, Suite 100
Tucker, Georgia 30084

1370 Center Drive, Suite 205
Dunwoody, GA 30338

WWW.HMPSYCHOLOGY.COM