

Mastering the Mind: The Missing Link Executive Functions Skills and Self-Compassion

Recognizing that teaching is a demanding profession, this workshop empowers teachers to prioritize their own well-being. By incorporating self-compassion into their practice, educators can cultivate a nurturing and empathetic relationship with themselves, reducing burnout and stress. It also equips teachers with practical strategies to support students in developing executive function skills through hands-on case studies. Additionally, it emphasizes the significance of self-compassion for emotional regulation, benefiting both students and teachers and creating a more supportive learning environment.

Objectives:

- **Understanding Executive Functions:** Gain insight into what executive functions are, including their role in cognitive processes such as planning, organization, time management, and impulse control.
- **Assessment and Self-Awareness:** Explore tools and techniques to assess one's own executive functions, identifying strengths and areas that may need improvement.
- **Effective Planning and Organization:** Learn strategies for setting goals, breaking them down into manageable tasks, and creating effective plans to achieve them.
- **Time Management Skills:** Develop practical time management techniques to boost productivity and reduce procrastination.
- **Mindfulness and Self-Compassion:** Understand the importance of self-compassion and mindfulness in fostering emotional resilience and reducing self-criticism.

What will you get from me?

1. Printed Materials: handouts and slides.
2. Visual Aids: Chart for EF scaling and Self-Compassion Scaling.
3. Reference Books: Educational books, journals, and research materials relevant to the subject matter.
4. Analyzing specific case studies, hands-on tools for your specific current student.

About the Presenter

Maayan Glaser-Koren is a neurodivergent educational therapist, ADHD-certified educator, and life coach dedicated to helping teens and adults reach their full potential. With years of experience, she empowers individuals to enhance their executive function skills while fostering self-compassion and authenticity. She believes that success encompasses self-acceptance, resilience, and embracing one's true self. Maayan's approach is rooted in the idea that connecting with one's authentic self and practicing self-compassion can lead to overcoming obstacles and achieving fulfilling lives. She operates a private practice in San Jose, providing support online and in-person, and is a devoted mother of two boys and a dog.

Length	Rates
Section one is lecture based (50 minutes)	Online \$500
Section two is hand on practices and discussion (60 minutes)	In person is depends on location and how many webinars in a day- contact edutherapyca@gmail.com