



# EXECUTIVE FUNCTION COACHING

## IS IT RIGHT FOR YOU?

### WHAT IS EXECUTIVE DYSFUNCTION?

Executive dysfunction is a broad term encompassing ongoing difficulties in managing oneself and fulfilling responsibilities. These self-regulation skills, often known as Executive Functions, comprise abilities like organization, time management, task initiation, emotional control, and long-term planning.

*It can manifest in various ways, including time blindness, procrastination, disorganization, impulsivity, distractibility, and irritability.*

### EXECUTIVE SKILLS

#### INCLUDE:

- Planning
- Metacognition
- Organizing
- Self-Regulation
- Time Management
- Flexible Thinking
- Task Initiation
- Problem Solving

### DO YOU EXPERIENCE THE FOLLOWING..

- Difficulty gauging the passage of time (time blindness)
- Struggles with initiating tasks due to procrastination
- Challenges in staying organized, managing belongings, and meeting deadlines
- Trouble managing reactions to emotions or events (impulsivity)
- Frequent loss of focus on your goals or objectives (distractibility)
- A tendency to easily become annoyed or angered (irritability)

### POTENTIAL CAUSES

#### Diverse Neurological Profiles

- ADHD, autism spectrum disorder, dyslexia, sensory processing disorder, nonverbal learning disability

#### Trauma


- Head injury (concussion, traumatic brain injury), PTSD, early childhood neglect/deprivation/abuse

#### Underlying Medical or Psychological Conditions

- depression, anxiety, dementia, OCD, and more



### CONTACT TO LEARN MORE

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