

**Executive Function** is the cognitive skill set we use daily to accomplish our goals. This mental process allows us to plan, set objectives, prioritize tasks, maintain focus, remember instructions, manage our time efficiently, and easily juggle multiple tasks. As a result, we can maximize our productivity and reach our desired outcomes by leveraging these skills.



We have achieved **long-term success** due to our commitment to not only teaching skills but also instilling knowledge and understanding. By providing our students with the necessary tools to succeed, we have seen a marked improvement in their performance and overall success.

Our bodies are unique and require a personalized approach when assessing executive functioning skills. Our WHILDE program combines **Cognitive Behavioral Therapy** to promote healing of the body and mind. We equip our students and their families with the tools and strategies necessary for a lifetime of healthy brain functioning and provide the **WHILDE BLUEPRINT** to ensure long-term success.



Executive Function Behavioral Program ensures **long-lasting** changes in health and brain function.

**IT INCLUDES:**

- The WHILDE Method **BLUEPRINT** (a \$697 value)
- The Executive Function Behavioral Program Fifty-page Journal, along with a customized notebook
- Ten weekly 1:1 Private In Person or Online Sessions
- Ongoing Parent and Student Communication and support
- End of Program updated BLUEPRINT



## Ten Week Summary

### WEEKS 1 & 2

We begin by completing the WHILDE Method Blueprint. In addition to the intake form, we conduct four assessments: the first evaluates the student's learning style to ensure effective communication. Next, we delve deep into the student's mental and physical health with the B·A·I·N·E·S and SEL assessment. Third, we assess all 12 areas of executive functioning to identify the student's strengths and weaknesses. Finally, we compile the data and develop the WHILDE Method Blueprint, which is then reviewed with the student's parents or a person in their support network.

### WEEKS 3 – 8

The Coach employs a Cognitive Behavioral Therapy approach to help bolster the student's executive functioning skills. This holistic approach seeks to optimize the functioning of the body and the brain. Every week, the Coach works with the student to manage stress tolerance, anxiety, sleep deprivation, and other pertinent topics. The program is tailored to the individual's needs, recognizing that the body and the brain are inextricably linked. Therefore, when the body is not healthy, it can profoundly impact the brain, including executive functioning.

### WEEKS 9 - 10

The B·A·I·N·E·S and Executive Function assessment is conducted once more to identify areas of growth and re-evaluate the treatment plan. Communication with the Parent or Support Person will take place to provide feedback and insights on the necessity of further progress. We strive to master new skills and make them second nature. Upon completion of the assessment, the student will either graduate from the program or be recommended to continue for additional support. A final BLUEPRINT is conducted.