Do you lose important papers? * Are you always running late? * Do you find yourself rushed to get things done? * Do you have trouble remembering a simple to do list? * Do you miss or forget important appointments?

If you answered yes to any one of these questions, then this class is for you! Please join Erin Hollenbeck, a Seeing My Time instructor, as she provides insight to executive functioning.

Learn tools to help with your executive functioning. You are guaranteed to learn at least one tool that will help you manage your time more effectively.