Understanding Your Brain’s Executive Functions

WHAT KIND OF TIME-BRAIN DO YOU HAVE?

Our time management ability depends upon the wiring of our brain.

Which Time-Brain Do You Have?

- In-Time Time-Brain
- Floating Time-Brain
- Stuck Time-Brain

Executive Skills Affect Our Ability to Get Things Done

Controlling Emotions

- Metacognition
- Goal Directed Persistence
- Flexibility
- Sustained Attention
- Working Memory
- Task Initiation
- Organization
- Planning & Prioritization
- Response Inhibition

Source: Peg Dawson and Richard Guare

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Executive Functions Develop Over Time
Performance on Executive Tasks

Inhibitory control
Working Memory
Goal-setting & problem solving
Affective decision making

Mature function
Immature skills

Performance on Executive Tasks

14 yr. old
ADHD
K-5

What is your key idea?

The trouble with time is that it is invisible.

Analog Versus Digital Clocks

Technology is AWESOME …but…

Beware!
Paper Gives Us Multiple Views of Time

What is your key idea?

Balance is Possible!

Support Your Brain with External Tools.

Private and Group Seeing My Time® Courses.
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Visit: ExecutiveFunctioningSuccess.com
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