

From Intention to Implementation to Completion:

Cool Tools to Truly Execute Tasks



PRESENTER

Sarah Ward, MS, CCC/SLP

An internationally recognized expert on executive function skills



WHEN

Monday, July 24, 2023

7:00 pm – 9:00 pm EST



WHERE

Live Web Conference

(if you are unable to attend due to time zone difficulty, please email us at info@theramoves.com)



FEES

\$89

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ACCREDITATION

2.0 contact hours

0.2 ASHA CEUs
0.2 AOTA CEUs
2.0 NBCOT PDUs
2.0 CTLE hours
2.0 CEUs for NY social workers
2.0 CEUs for NY SLPs

CE Broker for OTs in select states

Certificates will be awarded.

Credits listed are offered by Theramoves for full attendance.

Learning outcomes will be completed via an online posttest quiz. A score of 70% or more is required to receive a certificate of completion.

LEVEL OF INSTRUCTION: Intermediate

TARGET AUDIENCE: SLPs, OTs, OTAs, special educators, social workers, principals, and parents, anyone who works with someone on the autism spectrum, ADHD, bi-polar, or other learning disabilities or has executive functioning deficits.

INSTRUCTION METHODS: Lecture, slides, video

DESCRIPTION

Many of us know what we want to achieve and have a general idea of how to get there, but sometimes we struggle to take action and make progress. This is where strong executive function skills come into play. They allow individuals to start and finish tasks, recall and follow multi-step directions, stay on track, self-monitor, and balance priorities. These skills are rooted in forethought and the ability to perceive and grasp the passage of time.

Executive function challenges can lead to difficulties with task management, planning, and completing tasks on time without significant distraction. This can manifest as procrastination, lack of motivation, and constant distractions. Our program offers strategies and tools to help overcome these obstacles. **Join our webinar to gain practical strategies and cool tools to empower adults to go from intention to action and ultimately task completion** (within desired time frames and to meet deadlines!).

LEARNING OBJECTIVES

At the end of this seminar the participant will be able to:

1. Define the role of executive function skills in task management, planning, and completion.
2. State the importance of forethought and the ability to perceive and grasp the passage of time in developing strong executive function skills.
3. Investigate the causes and underlying mechanisms of procrastination.
4. Identify and implement 3 strategies to teach adults to identify and challenge patterns that contribute to procrastination.
5. Apply 4 evidence-based interventions for teaching adults to develop a comprehensive task plan by breaking down large tasks and obligations into smaller, manageable components.
6. Articulate how to accurately calculate the time required to complete tasks, including accounting for potential delays and hidden demands.
7. Relate 3 tools to help adults to prioritize and organize tasks to ensure efficient use of time and resources.

REFUNDS & CANCELLATIONS: A full refund less \$15 dollars administrative fee per course will be given for cancellations received up to week prior to the course. After that, no refunds will be given for cancellations. We reserve the right to cancel any course due to extenuating circumstances. Please do not make non-refundable arrangements until you contact us &/or receive confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled.



- ° TheraMoves is an AOTA Approved Provider of professional development. Course approval ID # 07079. This distant learning-interactive course is offered at 0.2 CEUs, intermediate educational level, in the area of occupational therapy service delivery. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA
- ° Approved by NYSED for Continuing Teacher and Leader Education (CTLE hours) (CTLE approval 23490)
- ° Approved for 2.0 contact hours by NYSED's State Board for speech-language pathologists
- ° Approved for Social Workers by the NY State ED Dept. #SW-0499



St. John's University -
Department of Communication
Sciences and Disorders

AGENDA

- 25 minutes- Introductions, Disclosures, Overview of Executive Function Skills, Role of Situational Awareness, Importance of forethought in the passage of time, Spatial temporal capacity
- 45 minutes- Overcoming time management challenges, distractions and organization.
- 10 minutes: Understanding the Causes and Underlying Mechanisms of Procrastination
- 30 minutes: Interventions, time calculation for task completion
- 10 minutes: Q and A

PRESENTER'S BIO

Sarah Ward, MS CCC-SLP has over 25 years of experience in assessment and treatment of executive function skill. Ms. Ward holds a faculty appointment at the Massachusetts General Hospital Institute of Health Professions. A recognized authority on executive function skills she has conducted numerous presentations at international and national conferences and has consulted to over 1400 schools on the programs and strategies she has developed with her Co-Director Kristen Jacobsen. Their 360 Thinking Executive Function Program received the Innovative Promising Practices Award from the National Organization CHADD. Awards received include Bette Ann Harris Distinguished Professional (2017), Innovative Promising Practices Award by CHADD, The National Resource on ADHD (November 2015), the MGH Expertise in Clinical Practice Award, the Distinguished Alumni Award, the Faculty in Excellence Award from the Massachusetts General Hospital Institute of Health Professions (2002, 2011) and ACE awards (2013, 2016, 2018) from American Speech and Language Hearing Association

Disclosure: Financial: Sarah Ward will receive a speaker's honorarium from TheraMoves Services for the presentation. Sarah has intellectual property rights from her company Cognitive Connections, LLP for products discussed at the course. Ms. Ward has no nonfinancial relationships to disclose.

Please contact the office with any special need requests

This program is offered for 0.2 ASHA CEUs
(Intermediate Level, Professional area).