

## **Executive Functioning and ADHD Coaching Services**

Executive Functioning Coaches work with people of all ages to help them with certain skills such as organization, task initiation, sustained attention (focus), planning/prioritization, impulse control and many more. Coaches teach tools to children to acquire new skills through gamification and by creating awareness around a particular skill.

Executive Functions are basically brain-based skills that a human needs in order to perform a task or to overcome a challenge. A list of Executive Function Skills in detail can be found below:

Emotional Control (i.e., keeping our calm and finding constructive solutions to our problems)

Flexibility (i.e., being able to adapt to a last-minute change or to a new plan)

Sustainable Attention (i.e., staying on an activity for longer periods of time)

Task Initiation (i.e., being able to start a task without having to delay it so it can be finished on time)

Working Memory (i.e., remembering to bring necessary materials from school to home and vice versa)

Organization (i.e., keeping a neat backpack, placing papers into the right folders)

Goal directed Persistence (i.e., keeping the end goal in our perspective in order to stay with a task as long as it takes to accomplish it)

Planning & Prioritization (i.e., deciding which homework to start with in order of importance)

Impulse Control (i.e., abstaining from impulsive reactions, learning to STOP, to think and then respond)

Time Management (i.e., realizing how long a homework sheet will take or how long we are taking as a break)

Self-Understanding (i.e., becoming aware of how our peers are acting in certain situations and adjusting our own behaviors accordingly)

Addressing Executive Functioning challenges help students to learn the ways to be more organized, to think before reacting, to deal with procrastination, to plan for a project that requires planning ahead of time, to realize how much time it takes to do certain things, to be more flexible when they face a challenge and to become more aware of their surrounding environment so they can adjust their behaviors accordingly.

Executive Functioning screenings are offered through the Yeshiva, to students in Klurman Elementary School, in order to identify children who may require intervention. Please complete the form below if you would like to have your child screened. The screenings take place the week of August 29th, during the school day. The Executive Function Coach, Mrs. Dalya Hullu, will contact you following the screening.

Child's Name: \_\_\_\_\_

DOB: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent's Name(s): \_\_\_\_\_

Phone# \_\_\_\_\_

E-mail Address: \_\_\_\_\_

I hereby give permission for my child \_\_\_\_\_ Grade \_\_\_ to receive an Executive Function Coaching screening at KES. Enclosed is payment in the amount of \$50 per child for this service. (Cash or check payable to D. Hullu)

Please see the reverse side for information about the Executive Function Coach at Yeshiva Toras Chaim Toras Emes.

### **Dalya Hullu, ADHD/Executive Functioning & Family Coach**

Dalya Hullu is a graduate of ADDCA Coaching Academy, where she has completed her advanced ADHD Training in the Mastery program along with the Family ADHD Program. Dalya Hullu has been practicing coaching with the ADHD population for the last 7 years. Dalya has been working with students and parents on improving their executive function skills through innovative methods of coaching, such as gamification, roleplaying and scaffolding. She has worked with children of all ages from elementary to College. She successfully serviced several YTCTE students for the last four years. Through her coaching, Dalya provides a supportive environment where the children familiarize themselves with new skills and they are continuously motivated to go further. Coaching in the school setting provides them with immediate response and a chance to adjust their behavior accordingly. Dalya's coaching approach prioritizes the child's needs and his/her sense of success.