

April 6, 2014,
1:30pm to 4:30pm
Barrie School,
13500 Layhill Rd,
Silver Spring, MD
20906.

CHADD Montgomery County &
The Learning Disabilities Association
of Montgomery County
proudly present

Examining Executive Functioning Skills: Strategies for Success in School & Life

A Workshop by

Linda Vinson, M.Ed & Elizabeth Ahmann, ScD, RN, ACC

Executive functioning challenges can impact a wide variety of academic and life management skills, especially in areas involving attentional control, working memory, planning and decision making; in learning new, challenging, or complex behaviors; and in activities or situations requiring self-monitoring and/or self-regulation.

In this workshop, Linda Vinson will explore strategies to improve academic performance, whereas Liz Ahmann will focus on life management skills and mindfulness. After their presentations, we will break into two discussion groups to offer an opportunity for further conversation.

- *Introductory lecture by Shannon Needham, Learning Specialist at Barrie School.*

Linda Vinson, M.Ed. is a learning specialist with more than 20 years of experience working with students, in grades K-12, needing support in the areas of reading, math, written language, organization, and study skills as well as executive-function skills.

Linda can be reached at lindamvinson@gmail.com.

Elizabeth Ahmann, ScD, RN, ACC is an ADHD and Life Coach with a special interest in high school and college students as well as gifted and highly gifted individuals. She works with clients in person, by phone, or by Skype and offers online group mindfulness classes for individuals, including those with ADHD and/or executive functioning challenges. www.lizahmann.com

This
program is free
& open to the
public, but space is
limited. RSVP to
ldamcpc@yahoo.com.

