

Introducing: A Simpler Path to Improving Executive Skills

1 message

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To: chris@lifeskillsadvocate.com

Hi there,

Have you ever felt overwhelmed by managing day-to-day tasks, staying organized, or maintaining your time effectively... or know someone who has? Ever notice how these challenges compound and impact other things like confidence, risk tolerance, relationships, and emotional regulation?

So many of us, myself included, navigate these waters every day.

In my experience, these challenges largely define my own struggles and the struggles of others who are neurodivergent.

What am I talking about?

Executive Functioning.

Over 12 years ago, when I was initially researching executive functioning resources for myself and for my students, I remember feeling lost in a sea of advice that just didn't fit. Too many resources were inaccessible, overwhelming, and frankly, not fun.

(I bought like 7 executive functioning workbooks 😞)

That's why Amy and I decided to create something different. Something practical, engaging, and adaptable for neurodivergent students (middle school and up), adults, parents, teachers, therapists, coaches, and a variety of other support professionals.

Introducing the **Real-Life Executive Functioning Workbook**: The executive functioning workbook that transforms real-life everyday challenges into achievements.

Each chapter begins with an easy-to-understand assessment, guiding you to exercises that fit your unique needs.

Our workbook provides a clear path to improving your EF skills without the frustration of having to sift through what doesn't work.

I invite you to explore this guided experience. Let's take this step together towards a more organized, focused, and fulfilling life.

Learn more about the Real-Life Executive Functioning Workbook here (sample chapter inside)

And because you're part of our community and because discount codes are cool 😁, use the code **LSA20** at checkout to get 20% off.

I can't wait to hear your thoughts!

Best,

Chris

P.S. Full disclosure before you spend valuable time learning about our workbook: the workbook is digital, which I know is not ideal for everyone. However, there are some helpful features we've included to make it easier to use, including internal jump links and fillable functionality. Thank you for your patience and understanding while we explore different formats. If a printed version is a must, my favorite EF workbook (that's not our own), is the **Smart But Scattered** series.

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