



• Executive Skills Coaching for Learners •

A Practical Guide to Reversing Deficits in Executive & Transferable Skills

Presenter: Peg Dawson, Ph.D.

Executive Skills expert and co-author of *Smart but Scattered*

Could be
taken as a
workshop
or a course

Students need a range of executive and transferable skills to be successful in the 21st century. **Executive Skills Coaching**, developed by Drs. Peg Dawson and Richard Guare, is a strategy designed to help under-achieving middle, high school, and college students reach their education and career goals.

Executive Skills Coaching is neither tutoring nor counseling, but is a collaborative process in which students, with guidance and support from a coach, set and pursue goals that are important to them and develop the critical executive/transferable skills they need to achieve those goals. Within this model, students learn how to manage time and tasks, avoid distractions and temptations, and develop good work/study habits; all vital skills needed to put their talents and intelligence to work. The workshops will provide in-depth training in the process, including:

- information gathering and executive skills assessments
- conducting long-term goal setting interviews
- turning long-term aspirations into SMART goals
- conducting coaching sessions that help students plan to achieve their goals
- developing progress-monitoring instruments to help students track progress toward goals
- helping students identify strategies for capitalizing on strengths and shoring up weaknesses
- trouble-shooting and evaluating the effectiveness of the coaching process

Taken as a course, participants will additionally:

- apply the **Executive Skills Coaching** strategies to at least one student
- receive guidance and coaching from Peg to help shape and hone their coaching skills
- identify and use executive skill strategies tailored to the students with whom they are working
- complete and post homework assignments on-line based on their coaching experience
- create and use progress monitoring tools

Workshop Dates:

2/2/17 and 2/3/17 (Capitol Plaza)

Course Dates:

2/2, 2/3, 3/11, and 4/29 (March and April dates - 2 Prospect St. Montpelier)

Cost: Workshops: \$380 (lunch included)
Course: \$1590

Time: 8:30-3:30



Learn more and register at: <http://www.vthec.org>