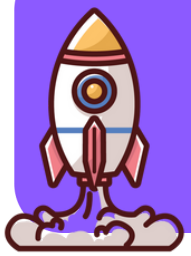
Our Executive Function Skills



Task Initiation

The ability to begin projects without undue procrastination, in an efficient or timely fashion.

Response Inhibition

The capacity to think before you act; this ability to resist the urge to say or do something.



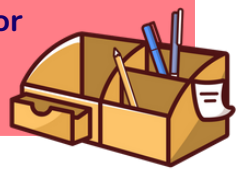
Flexibility

The ability to revise plans in the face of obstacles, setbacks, new information, or mistakes.



Organisation

The ability to create and maintain systems to keep track of information or materials.



Goal Directed Persistence

The capacity to have a goal, to follow through to completion, and not be put off or distracted.



Metacognition

The ability to stand back and take a bird's-eye view of yourself in a situation, to see how you problem solve.



Sustained Attention

The capacity to keep paying attention to a situation or task in spite of distractibility, fatigue, or boredom.



Planning & Prioritisation

The ability to create a roadmap to reach a goal or to complete a task. Also to make decisions.



Emotional Regulation

The ability to manage emotions to achieve goals, complete tasks, or regulate and direct behaviour.



Working Memory

The ability to hold information in memory while performing complex tasks.



Time Management

The capacity to estimate how much time one has, how to allocate it and how to keep within deadlines.

