connections in mind



Growth Mindset

"A belief that our most basic abilities can be developed through dedication and hard work. Brains and talent are just the starting point."



Fixed Mindset

"In the fixed mindset, everything is about the outcome. If you fail — or if you're not the best — it's all been wasted."

Growth Mindset Impacts:

Grit & resilience

Intrinsic motivation

Attention to mistakes

Step 1: Stop the thought

Step 2: What do you fear?

Step 3: Believe in yourself

Step 4: Choose a thought

Is perfectionism an issue for you? Why do things have to be perfect?

Do you have a fear of getting started on projects? What is behind this fear?

What do you know about RSD - how does fear of judgement impact your approach to life?

Do you feel like you need to control everything in order to feel safe?

Is this achievable? What impact does that have on your life?

Useful Links

-Rejection Sensitive Dysphoria RSD Blog
-Growth Mindset - Carol Dweck

ANTs Worksheet

Trigger:	Automatic Negative Thought (ANT):	Alternative Realistic Thought (ART):
Example: You have been asked to do a presentation at work.	I have never done one before, I could lose my job if it's not perfect.	Wow what a great opportunity to learn. I need to remember that any feedback I get will be part of the learning process.



Appendix: Executive Function Skills an overview

Brain development

The brain learns over a period of 25 years and what a child does is crucial in shaping their brain for the rest of their lives. Adults can change their brains, but it takes much more effort.

Executive Function Skills

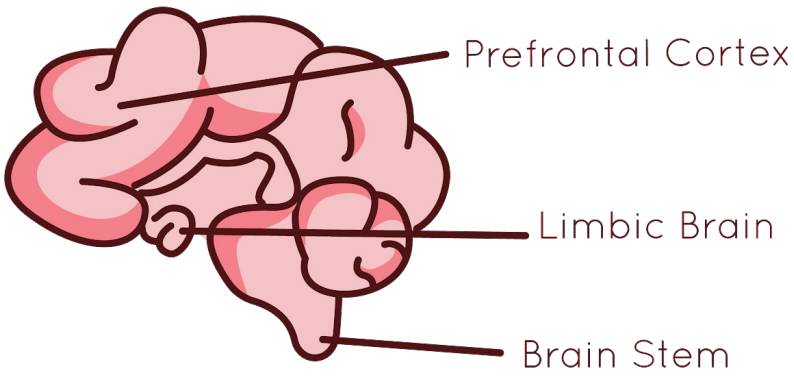
Executive function skills refer to the cognitive skills involved in the top-down control of behaviour when working towards a goal. They are needed whenever an automatic function is either insufficient or detrimental, and they are used to regulate behaviour in response to the external environment. They are also needed to help us plan, organise and monitor our responses.

Connections in Mind

Connections in Mind was founded in 2015 by three like-minded women who, together, wanted to change the way society views people with executive function challenges.

We offer a variety of services:

- Executive function coaching
- Play-based adventures
- Parent courses
- Schools training
- Professional development and training

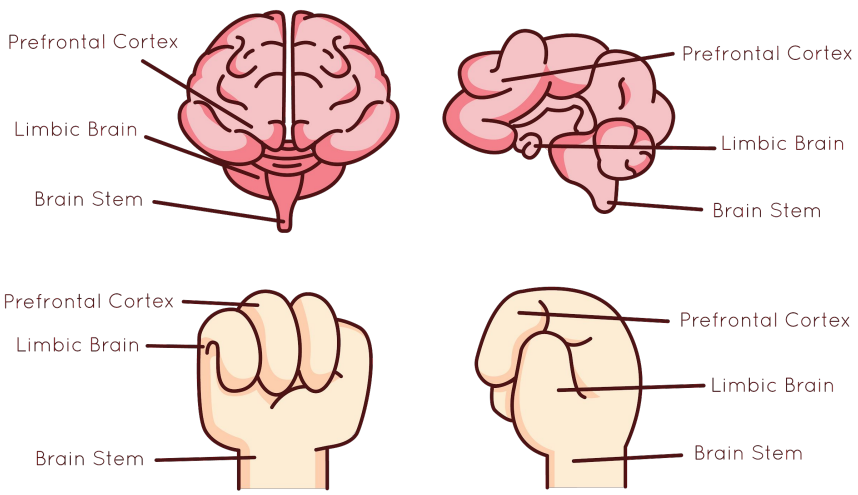


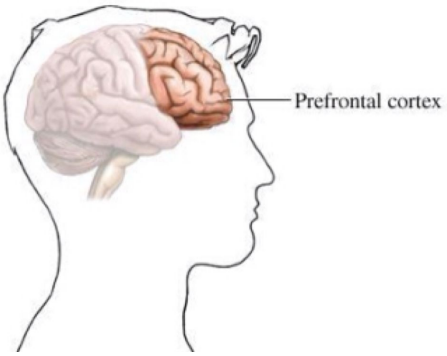
Executive functions are brain processes found in the prefrontal cortex of the brain.

They are called executive functions because they help us to execute tasks.

Everyone has a unique executive function profile and can benefit from working to improve their executive functioning.

Dan Siegel's handy brain anatomy model





Self-reflection

Which executive function skills do you struggle with in winter?

How do you feel you struggle with your executive functions?

What automatic negative thoughts do you have?

Well-being and EFs

Our executive functions only work optimally when we are well rested, well fed, feel safe, unstressed and connected to people in our environment. Research also shows that having fun and enjoying activities can help us restore our executive functioning.

When your well-being is depleted, how does that impact your ability to cope?

What two things can you do to prioritise your well-being?

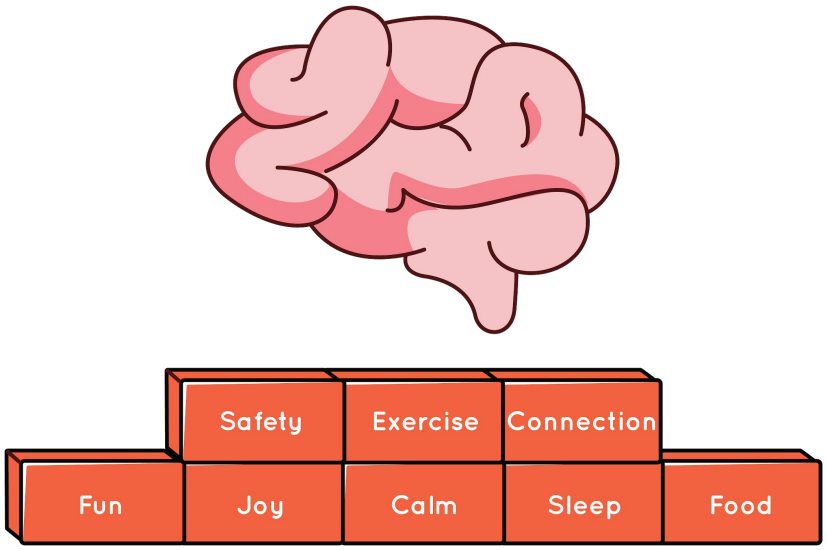
Executive function challenges are normal

- Resisting temptation to say or do things
- Hold a thought in memory while doing other tasks
- Knowing and managing your feelings
- Paying attention even if tired or bored
- Starting straight away
- Planning and deciding what to do when
- Organising information or material
- Managing time
- Persisting towards a goal
- Changing, adapting and being flexible
- Being aware of what is happening and making changes to their EF challenges

Online course - self study

Click here to discover our introduction to executive functions course https://cimlearning.com/courses/intro-efs/

The Foundations of Strong EFs

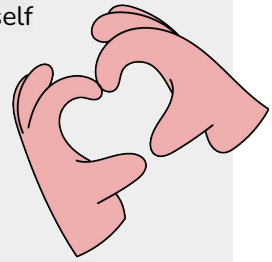


Techniques and Strategies

CONNECT

Find someone who really understands your challenges

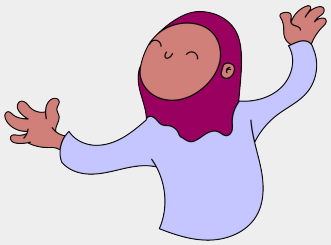
Connect with yourself - be kind to yourself



COLLABORATE

Find someone who can work with you.

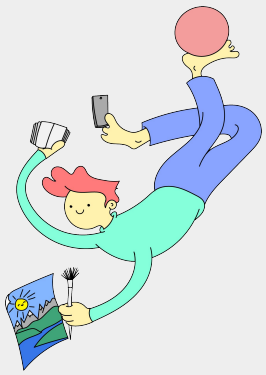
Create a realistic plan



SUPPORT

Keep in close contact

Keep track of your progress



3 Stages:

CONNECT

COLLABORATE

SUPPORT

Further Resources

Harvard trauma research https://developingchild.harvard.edu/science/deep-dives/adult-capabilities/

Reading and Resources https://connectionsinmind.com/reading-and-resources/

Empathy Course https://www.cimlearning.com/courses/empathyhome/

Webinar Series https://connectionsinmind.com/webinars/

Parent Facebook Group https://www.facebook.com/groups/executivefunctionss upportgroupparents

Adult Facebook Group https://www.facebook.com/groups/204786124308836

Book a call to talk about coaching!
https://connectionsinmind.com/consultations/

Executive Function Definitions

Skill	Definition
Response inhibition 	The capacity to think before you act; this ability to resist the urge to say or do something allows your child the time to evaluate a situation and how his or her behaviour might impact it.
Working memory 	The ability to hold information in memory while performing complex tasks. It incorporates the ability to draw on past learning or experience to apply to the situation at hand or to project into the future.
Emotional control 	The ability to manage emotions to achieve goals, complete tasks, or control and direct behaviour.
Sustained attention 	The capacity to keep paying attention to a situation or task in spite of distractibility, fatigue, or boredom.
Task initiation 	The ability to begin projects without undue procrastination, in an efficient or timely fashion.
Planning/ prioritisation 	The ability to create a roadmap to reach a goal or to complete a task. It also involves being able to make decisions about what's important to focus on and what's not important.
Organisation 	The ability to create and maintain systems to keep track of information or materials.
Time management 	The capacity to estimate how much time one has, how to allocate it and how to stay within time limits and deadlines. It also involves a sense that time is important.
Goal-directed persistence 	The capacity to have a goal, follow through to the completion of the goal, and not be put off by or distracted by competing interests.
Flexibility 	The ability to revise plans in the face of obstacles, setbacks, new information, or mistakes. It related to an adaptability to changing conditions
Metacognition 	The ability to stand back and take a bird's-eye view of yourself in a situation, to observe how you problem solve. It also includes self mentoring and self evaluative skills (e.g., asking yourself, "How am I doing?" or "How did I do?"