



# SMART BUT SCATTERED ADULTS

*How to Work with Clients to  
Strengthen Executive Skills*

**Dr. Peg Dawson**  
**Live Virtual Workshop**  
**April 15 & 22, 2023**  
**9 am to Noon**

This seminar will share cutting edge neuroscience on executive functioning and will provide practical strategies clinicians can use with ADHD clients to help them work around or overcome the obstacles presented by weak executive skills. Armed with the knowledge gained in this seminar, participants will be able to help their clients assess their own executive skill strengths and weaknesses and create an action plan that is realistic and leads to true and lasting change.

## **Objectives:**

- Outline key role executive skills play in understanding adults with ADHD.
- Compare assessment tools to determine executive skill strengths and weaknesses.
- Direct clients on ways to restructure their environment to reduce impact of weak executive skills.
- Build a realistic change plan enabling ADHD client to improve executive skills in situations/settings they identify as problematic.
- Discuss effective strategies ADHD clients can use to cope with executive skill challenges at work, at home and in relationships.
- Identify tools to enhance 12 executive skill domains.

**When:** April 15 & 22, 2023, Online

**Time:** 9 a.m. – Noon

**Who:** Occupational Therapists, Psychologists, ADHD and Executive Coaches, Psychotherapists, Mental Health Professionals, Social Workers, Marriage and Family Therapists, Case Managers, Vocational Counselors

More information [here](#).

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