



EF Coaching

Executive Function Coaching Supporting Children & Adolescents

what is EF Coaching?

EF Coaching is a structured, collaborative, and goal-oriented process that helps children and adolescents develop **executive functioning skills** to improve daily functioning at school, at home, and in social environments. It is **not** about “fixing attention,” but about building skills for independence, confidence, and effective functioning in everyday life.



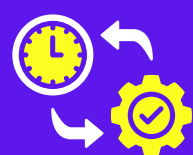
EMOTION REGULATION



SELF-AWARENESS



PLANNING SKILLS



TIME MANAGEMENT



ORGANIZATION



TASK COMPLETION

Who Can Benefit

- ✓ Frequently forgets homework or school materials
- ✓ Struggles with daily routines and transitions
- ✓ Knows what to do but has difficulty starting tasks
- ✓ Feels overwhelmed by multi-step assignments
- ✓ Has strong emotional reactions to small frustrations
- ✓ Relies heavily on adult reminders and support
- ✓ Finds friendships or group interactions challenging



EF Coaching is **not** therapy or academic tutoring.



It **is** a **skill-building** process focused on real-life functioning and independence.

With the right strategies, structure, and support, **ALL** children and adolescents can develop the skills they need to thrive academically, socially, and emotionally.



HOW IT HELPS ?



PLANNING

- Break large tasks into smaller steps
- Plan schoolwork and routines
- Prioritize what needs to be done first

FROM FEELING OVERWHELMED TO CLEAR, MANAGEABLE STEPS

Children feel more in control and know exactly what to do next.

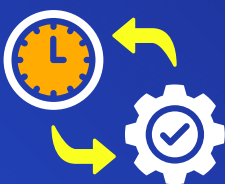


ORGANIZATION

- Organize school materials and tasks
- Create simple, consistent systems for daily life
- Keep track of responsibilities

Daily life becomes more predictable and less stressful.

FROM CHAOS TO STRUCTURED SYSTEMS



TIME MANAGEMENT

- Estimate task duration
- Use visual or structured time tools
- Plan ahead for deadlines and transitions

FROM “RUNNING OUT OF TIME” TO TIME AWARENESS

Improved time awareness reduces last-minute stress and rushing.



EMOTIONAL REGULATION

- Recognize emotional triggers
- Pause before reacting
- Use coping strategies when overwhelmed

FROM EMOTIONAL OVERLOAD TO SELF-REGULATION

Greater emotional stability and resilience in daily situations.



SELF-AWARENESS

- Identify strengths and challenges
- Understand their ADHD patterns
- Reflect on what strategies work for them

FROM CONFUSION TO UNDERSTANDING ONESELF

Stronger confidence and ownership of learning and behavior.



TASK COMPLETION

- Use strategies to begin tasks independently
- Stay engaged and track progress over time
- Building internal motivation

FROM DIFFICULTY STARTING TO CONSISTENT FOLLOW-THROUGH

Increased independence and reliability.





EF 教练项目

专为儿童与青少年设计的
执行功能辅导项目

EF 教练辅导是什么？

EF 教练辅导是一种结构化、合作式、以目标为导向的辅导课程，帮助儿童与青少年发展执行功能的各项技能，从而提升他们在学校、家庭与社交环境中的胜任力。它不是“消灭”注意力问题，而是帮助孩子建立更高水平的独立性、自信心与生活适应能力。通过提高执行功能让自身具备更高的应对能力。



情绪管理



自我觉察



计划与规划能力



时间管理



组织能力



任务的执行与完成

适合谁？

- ✓ 丢三落四，忘带作业，容易丢东西
- ✓ 很难遵守日常常规和时间安排
- ✓ 知道应该做什么，却迟迟无法开启任务
- ✓ 对复杂多步骤任务感到不知所措，畏难
- ✓ 容易挫败生气，情绪容易过度反应
- ✓ 需要大人频繁提醒和辅助才能完成任务
- ✓ 友谊发展和同伴交往存在困难



EF 教练辅导**不是**心理治疗也**不是**学术补习；



它是一个专注于现实生活能力与执行功能发展的技能训练过程。

当孩子掌握有效的策略，并获得有助于发展的结构性框架与支持时，所有孩子都能够在学习、社交与情绪发展中自信成长，并真正发挥自身潜能。



教练辅导涵盖什么？



计划与规划

- 设定有效目标，将大任务拆解为小步骤
- 规划学习与日常任务
- 分清优先顺序

从感觉混乱和压力过载到有步骤清晰可操作的方案

让孩子更清楚“下一步该做什么”，减少压力，增加掌控感。



组织能力

- 管理学习用品与任务
- 建立简单稳定的日常系统
- 按时跟进并履行自己的责任

从混乱到构建自己的结构化系统

增加生活事件的可预测性，日常压力降低。



时间管理

- 估算任务所需时间
- 使用可视化或结构化时间管理工具
- 提前规划截止时间与灵活调整

从“来不及”到对时间有概念

减少拖延与临时赶工，松弛有度的完成任务。



情绪管理

- 识别触发负面情绪的扳机点
- 在过度反应前按下“暂停键”
- 使用应对策略进行调节

从情绪失控到自我调节

情绪更稳定，挫折耐受增加，心理韧性持续发展。



自我觉察

- 识别自己的优势与挑战
- 理解 ADHD 的个人模式
- 找到适合自己的方法

从迷惑到更懂我自己

自信心增强，建立自我技能库，成为自己的主人。



任务执行与完成

- 使用策略独立开始任务
- 保持投入状态并追踪任务进度
- 逐渐建立内在动机

从难以开始到持续完成

成为能够自我监督，独立完成任务的人。

