



# Professional Development & School Training



# Executive Function Training for Schools

**Building Independent,  
Successful, and  
Positive Learners**

GrowNOW provides evidence-based, customizable professional development for schools focused on integrating executive function strategies into classroom practices and student support programs.



# Why Executive Function Training Matters

Executive Function is the basis of all learning, yet educators and school leadership staff receive minimal training on the topic. The GrowNOW Executive Function Training provides the tools and framework schools need to address these gaps and build a stronger foundation for student success.



There is no learning, growth, and independence without Executive Function. It's crucial we bring this into education.

## Training Focus Areas



**Misconceptions and outdated views of Executive Functions**



**The most up-to-date research on what Executive Function truly is**



**Practical strategies and exercises to integrate Executive Function into daily classroom practice**



**Methods for tailoring Executive Function support to students' developmental and social needs**



# Flexible Training Formats

GrowNOW offers multiple training options designed to meet the needs of schools, educators, and administrators.

## In-Person or Remote Options Available

Delivered on-site or virtually depending on school needs and availability.

## Customizable Content & Duration

Training sessions are tailored to your specific staff, student population, and school culture.

## Follow-Up & Implementation Support

GrowNOW provides post-training consultation to help maintain Executive Function practices and ensure long-term impact.

# Implementation & Ongoing Support

GrowNOW partners with schools to ensure Executive Function principles become part of daily instruction and student support. The team provides ongoing collaboration and communication to help educators implement and sustain new strategies.



# What Educators Are Saying

GrowNOW offers multiple training options designed to meet the needs of schools, educators, and administrators.

“

The BEST professional development I have ever attended in over 50 years of teaching!

“

It was interesting to shift the framing of ADHD from an attention disorder to a performance disorder — and the focus on long-term internal skill building vs. external changes.

“

Wow, this session blew my mind! In an hour, my understanding of executive function has shifted. Wonderful information that I can implement tomorrow.”

“

Incredible speaker, easy to listen to! I love how this training connects early play to mental flexibility.

# Frequently Asked Questions

Q

**Is the GrowNOW Model Training Right for Your School?**

A

Schools experiencing increased dysregulation, falling grades, or difficulty with engagement can benefit from EF-focused strategies. GrowNOW training provides practical, research-backed tools to address these issues.

Q

**What will we learn?**

A

Staff gain a deeper understanding of executive function, along with actionable strategies they can use immediately to support students in developing independence and resilience.

Q

**Can you train parents as well?**

A

Yes! Parent training sessions are available to ensure consistency between home and school environments.

Q

**How can we make it work?**

A

GrowNOW travels to your school or provides remote sessions. Everything is customized to your unique needs and community.

**GrowNOW ADHD provides evidence-based, practical professional development trusted by schools, clinicians, and families across the U.S. and beyond.**



# Ready to Learn More?

**GrowNOW offers flexible training options for schools, districts, and parent organizations nationwide.**

To schedule an informational call or request a proposal, contact:

**Mike McLeod**  
Founder & Executive  
Function Specialist



## About GrowNOW ADHD

GrowNOW ADHD is a Philadelphia-area executive-function practice serving families **in-person** and **virtually nationwide**. We specialize in building the **internal skills** that drive independence:



**Self-Regulation**



**Self-Motivation**

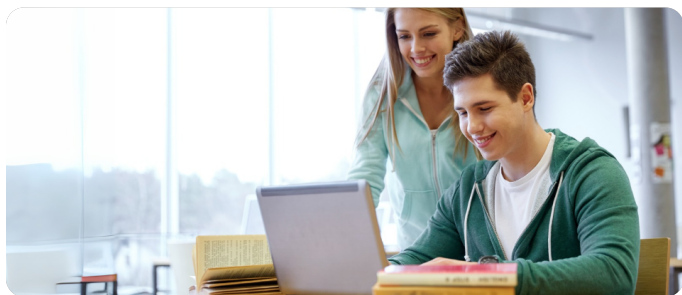


**Self-Evaluation**



**Self-Awareness**

Anchored by **Non-Verbal** and **Verbal Working Memory**, our programs go beyond checklists and planners to create durable change at home, school, and in social life.



## What We Offer

- 1:1 Executive Function Coaching (child, teen, college)
- Parent Training & Home Plans
- School-Based Professional Development & Consults
- EF-Camp and Social Skills Intensives (seasonal)

## Why Families Choose GrowNOW

Practical, research-informed tools you can use tonight

Clear, compassionate boundaries that reduce conflict

A consistent framework to fade prompts and grow independence

# Ready to help your child grow now?



[GrowNOWADHD.com](http://GrowNOWADHD.com)



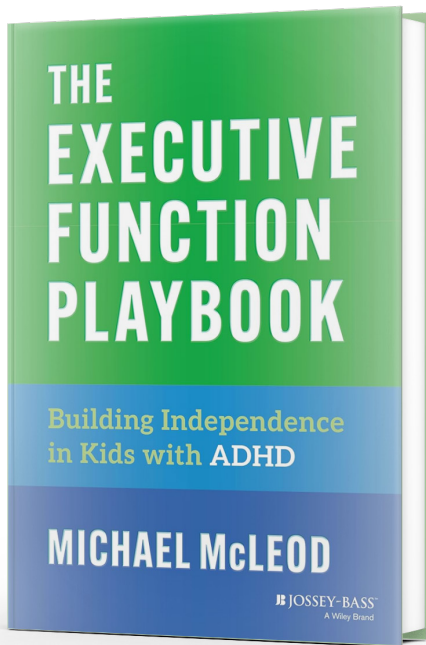
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[@grownowadhd](https://www.instagram.com/grownowadhd)

## How to Share This Freebie

You're welcome to print this guide for personal use or share the link with a friend. For schools and groups, contact us to request a licensed version for staff and families.



## Buy Mike's Books

[The Executive Function Playbook](#)

[The Executive Function Playbook in Action Workbook](#)

## Disclaimer

This guide is educational and not a substitute for individualized medical or mental-health care. Use judgment for safety and developmental fit. If behavior raises safety concerns, seek professional support immediately.

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## Executive Function Coaching & Parent Training

Licensed & Nationally Recognized  
ADHD-Executive Function Specialists



## We are your dedicated ADHD and Executive Function Professionals

- ✓ Work directly with the student to strengthen Internal Skills
- ✓ Collaboration with teachers and staff
- ✓ Direct Parent Training & Coaching

- ✓ Your own personalized Executive Function Specialist. We tailor everything toward the unique student and family. Your own personalized Grow Plan for Independence, Positivity, and Success!
- ✓ With our Expert Coaches, your child/teen will receive 1-1 Skill Coaching, combined with an intensive focus on Parent Coaching & Training
- ✓ We offer virtual and in-person sessions, where available. Our sessions are highly engaging and motivating to students, unlike what they have experienced before!

### Focus on all 3 Zones of Executive Function



### We work directly with students and families- following the research-based GrowNOW Model of Internal Skills:

Self-Regulation of emotions & behaviors

Self-Motivation toward non-preferred tasks

Self-Awareness

Self-Evaluation

### Real World PROGRESS

- ✓ Typically a significant decrease in dysregulation and behaviors
- ✓ Improvements in work completion and homework, higher test scores and grades.
- ✓ Parent, teacher and self reporting of more meaningful relationships and social engagements