Professional Development & School Training



mike@grownowadhd.com | +1 (631) 332-3801 | www.grownowadhd.com

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 — with a heavy emphasis on practical tools your staff can use immediately, not just theory.



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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- **Misconceptions and outdated views of Executive Functions**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**

Every session is built to be practical from the first minute — concrete strategies your staff can use the very next school day, not abstract theory.



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**

Every session is built from scratch around your specific staff, student population, school culture, and available resources. Mike never delivers the same presentation twice.

→ **Follow-Up & Implementation Support**

Mike personally makes himself available after the training to answer questions as your staff begins putting strategies into practice — so the learning doesn't stop when the session ends.

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 long after training day.

Mike stays reachable after every training — questions welcome



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Investment & Training Options

Straightforward, hourly pricing — with content that's never off-the-shelf. Every training is custom-built for your staff, your students, and the resources you actually have.

$500 / hour

2-hour minimum • no maximum — from a single afternoon to a full week-long district intensive

2–4 HOURS

Half-Day Session

A focused introduction or deep dive on a single staff PD day.

6–8 HOURS

Full-Day Training

Covers multiple focus areas with hands-on practice built in.

UP TO 1 WEEK

Multi-Day Intensive

District-wide rollout, train-the-trainer, and implementation coaching.

What's Always Included

- ✓ **Never the same presentation twice.** Content is built specifically for your population, your staff's experience level, and your school's resources — not a generic deck.
- ✓ **Direct post-training access to Mike.** Questions come up once staff start applying what they learned — he stays available to answer them.
- ✓ **Practical, practical, practical.** Every strategy is something a teacher, aide, or administrator can use in the classroom the next day — not theory for theory's sake.

Not sure what length fits your school? Email mike@grownowadhd.com or call (631) 332-3801 and we'll help you scope the right session and get you a custom quote.

What Educators Are Saying

Real feedback from real training days with real schools.



> 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.

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Frequently Asked Questions

Q **Is the GrowNOW Model Training right for your school?**

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?**

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 **What does training cost?**

Sessions are $500/hour, with a 2-hour minimum and no maximum — from a single afternoon to a full week-long intensive. Because every session is custom-built, pricing scales with scope. Reach out for a quote tailored to your school.

Q **Can you train parents as well?**

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

Q **How can we make it work?**

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 25+ schools, clinicians, and families across the U.S. and beyond.



Ready to Bring This to Your School?

To check availability and get a custom quote, contact Mike directly:

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Why Schools Work With GrowNOW

- **Fully customized, every time.** Mike never delivers the same presentation twice — content is built around your staff, your students, and the resources your school actually has.
- **Practical over theoretical.** Every session is designed around strategies staff can use starting the next school day.
- **Support doesn't end when the training does.** Mike stays available afterward to answer questions as your team begins implementation.
- **Transparent pricing.** $500/hour, 2-hour minimum, scalable from a half-day to a full week — no surprises.



Mike McLeod, MA

Founder & Executive Function Specialist, GrowNOW ADHD

Mike has trained educators and school staff nationwide since 2016, and is the author of *The Executive Function Playbook* (Jossey-Bass, a Wiley brand). He specializes in turning the research on executive function into practical strategies school teams can use right away.