



We educate and support neurodiverse individuals to **help launch their careers** and organizations to **integrate them into the workplace.**

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## Neurodiversity Intentional Inclusion Workshops EXECUTIVE FUNCTION

Neurodiversity is the range of common differences in thinking and behavior which we now understand to be normal variations in humans. This includes conditions such as autism, dyslexia, ADHD, and others. Neurodiverse variations have played a central role in the development of human society, yet neurodiverse people have been historically misunderstood and marginalized as individuals. A significant area of difference is the way neurodivergent people plan, organize, and execute tasks to accomplish a goal and it is often a key factor in the misunderstanding and marginalization they experience.

In this hands-on workshop, you will learn an overview of executive function and the importance of adopting a mindset of compassionate curiosity to support your colleagues in the area of executive function. We will discuss neurodiversity affirming practices to facilitate better time and task management and timely feedback to encourage performance improvements and development. A significant part of the workshop will be devoted to impact of sensory needs on executive function and ways to be supportive in times of high stress impacting performance.