

COPAC  
PRESENTS

SAMANTHA  
WOODS



# FREE VIRTUAL PARENT EDUCATION EVENT

## NOVEMBER 19 6:30PM



### FROM CHAOS TO CLARITY: HELPING KIDS STRENGTHEN EXECUTIVE FUNCTIONING SKILLS

We all rely on our executive functions in our daily lives, from planning out our day, remembering to pack our lunch, or mapping out our next road trip. Unfortunately, adults often take these learned skills for granted, assuming that our students will “naturally learn” how to organize, stay on task, attend to a boring task, and/or prepare and plan.

Weaker executive skills can be the root cause of stress, anxiety, shame, and frustration both at home and at school. Youngsters with weak executive skills often exhibit disorganization, forgetfulness, difficulty initiating tasks, emotional regulation challenges, and a tendency to get distracted easily. For a child with ADHD, the development of these skills is significantly delayed, creating a noticeable gap in social, academic and emotional maturity compared to their peers. The promising news is that these skills are both teachable and learnable! With patience, practice, persistence, and most importantly, positivity, adults can foster the development of these executive functioning skills in their children and students.

Join Samantha Woods, a former teacher, seasoned executive brain functioning coach, and founder of Kaizen Education Services, as well as a parent to two dudes, to learn more about the brain's self-management system and how parents can help their children practice and develop these essential skills for learning and life.

#### You will learn:

- What skills are included in executive functioning?
- Some key insights from neuroscience include where executive functions reside in the brain and how they develop.
- Why students diagnosed with ADHD need an abundance of support in developing these skills.
- Learn simple and practical parent coaching tips that can support executive functioning development in children (and adults!) of all ages. No diagnosis required!

Samantha founded Kaizen Education Services to transform traditional education. For over 28 years, she has explored how brain science intersects with learning, behavior, and mental health. She has built a movement around one radical idea: executive functioning skills aren't optional - they're essential. Through her signature program, The Brain Hub Academy, Samantha helps educators and parents move from frustration to clarity by teaching the real-life, brain-based skills that drive academic success, emotional regulation, mental health, well-being, and, most importantly, resilience.

Her workshops and coaching sessions are known for being practical, energizing, and rooted in lived experience, not just theory. She believes educators can't pour from an empty cup and that schools need more than referrals - they need solutions that actually work in the classroom. Samantha is now sharing her neuroscience research and program with corporate groups who recognize that neurodiverse children become neurodiverse adults whose tremendous potential frequently goes unexplored in workplace settings. Samantha is a self-proclaimed Brain Nerd and Positive Disruptor who is rewriting the narrative on school and workplace success. Her mantra? Small changes lead to big improvements. Her mission? To make executive skills education accessible, inclusive, and empowering for everyone; no diagnosis required