

Welcome! Please Check-In



Enter in the chat window:

- Your Name
- Your Agency
- *What are you looking forward to today?*

Harnessing Executive Skills for Goal Achievement

October 26, 2022

2:00pm ET/1:00pm CT/12:00pm MT/11:00am PT



HELLO THERE!

*We're glad that you
made it !*

YOU
ARE
ON

LAND



#HonorNativeLand
USDAC.us/NativeLand

Artwork & Design by
Warren Montoya - Tamaya & Kha'po Owingsh
Jaclyn Roessel - Dine



Land Acknowledgement

Every community owes its existence and vitality to generations from around the world who contributed their hopes, dreams, and energy to making the history that led to this moment. Some were brought here against their will, some were drawn to leave their distant homes in hope of a better life, and some have lived on this land for more generations than can be counted.



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Land Acknowledgement

<https://native-land.ca/>

- This meeting is being held on the traditional lands of the _____ People, and I pay my respect to elders both past and present, who have stewarded this land throughout the generations.”
 - Please take a moment to consider the many legacies of violence, displacement, migration, and settlement that bring us together here today.
- **Deliver** your statement in the chat including the land/people relevant to the land that you are occupying during this session. **Learn more** by taking time to learn about the Indigenous history of the land you live on. The Partnership team will share the link to the US Department of Arts and Culture in the chat now. Visit <https://usdac.us/nativeland> to get started.



The Promise Of Community Action

Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community and we are dedicated to helping people help themselves and each other.

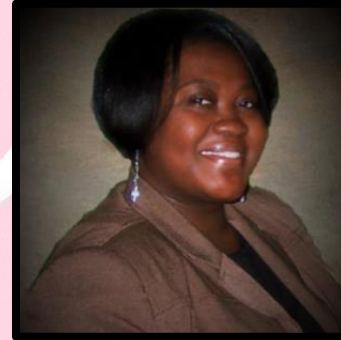
Practice Transformation Team



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Karlyn Boens

Learning & Innovation Project Manager,
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Executive Skills 101: A Virtual Workshop



Workshop Goals

1. Understand Executive Skills and why they matter.
2. Reflect on your own ES Profile, its impact on your goals and your work.
3. Begin to consider how ES could apply to your role, environment, and work relationships.



Agenda



Set the Context

What are Executive Skills – and what are mine?

Science of Executive Skills

5 Components of Executive Skills Coaching

Celebrate our learning & wrap up!



NEW MOMS

HOMES · JOBS · STRONG FAMILIES

We believe in **the strength, skills, and potential** of young families.

Their goals are at the center of our work together.

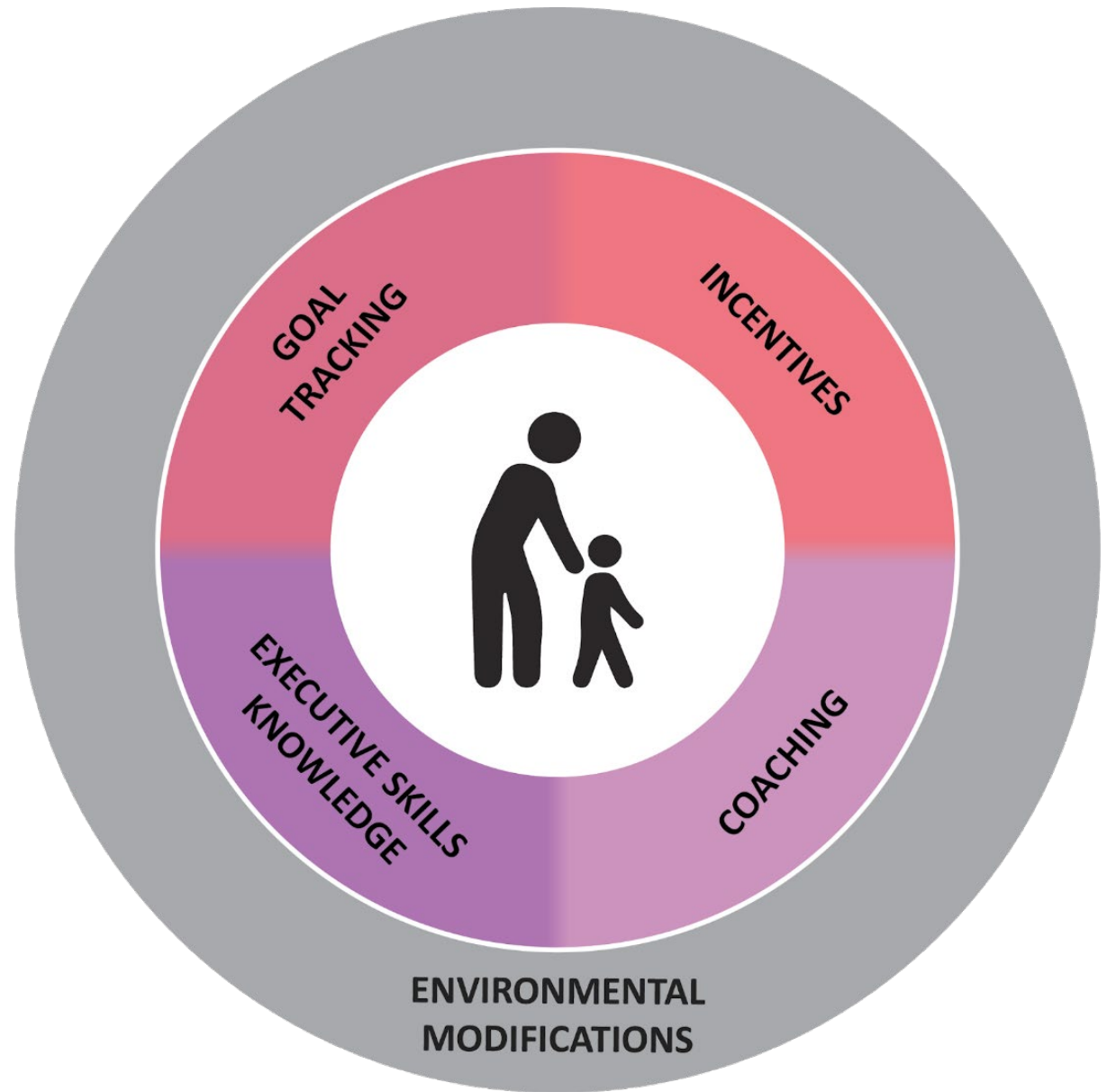


Technical
Skills

Workplace Navigation
Skills

Executive Skills

A 2Gen, Executive Skills Coaching Approach



The Goal is Goal Achievement



Activity Worksheet: Set Your Goal

What goal do you want to achieve by the end of the month?

Why is it important to you?





What are Executive Skills?



How do Executive Skills develop?



Why do Executive Skills matter?

How We Organize

- Organization
- Time Management
- Planning/Prioritization

How We React

- Response Inhibition
- Flexibility
- Emotional Control
- Stress Tolerance
- Metacognition

How We Get Things Done

- Task Initiation
- Sustained Attention
- Goal-directed Persistence
- Working Memory

Activity Worksheet: Executive Skills Profile

What are your top 3 ES strengths?

What are your 3 biggest ES struggles?



How We Organize

- **Organization:** Knowing where I put things. *The ability to create and maintain systems to keep track of information or materials.*
- **Time Management:** Know about how long a task will take and what the deadline is. *The capacity to estimate how much time I have, how to allocate it, and how to stay within time limits and deadlines. It also involves a sense that time is important.*
- **Planning/ Prioritization:** Deciding what steps to take. *The ability to create a road map to reach a goal or to complete a task. It also involves being able to make decisions about what is important to focus on and what is not important.*

How We React

- **Response Inhibition:** Seeing the consequence before I say or do something. *The capacity to think before I act – this ability to resist the urge to say or do something allows us the time to evaluate a situation and how our behavior might impact it.*
- **Flexibility:** Going with the flow, accepting change. *The ability to revise plans in the face of obstacles, setbacks, new information, or mistakes. It relates to an adaptability to changing conditions.*
- **Emotional Control:** Keeping my cool when frustrated. *The ability to manage emotions in order to achieve goals, complete tasks, or control and direct behavior.*
- **Stress Tolerance:** Managing my stress. *The ability to work in stressful situations and to cope with uncertainty, change, and performance demands.*
- **Metacognition:** Evaluating how I'm doing. *The ability to stand back and take a bird's eye view of yourself in a situation, to observe how you problem-solve. It also includes self-monitoring and self-evaluative skills (for example, asking yourself "How am I doing?" or "How did I do?")*

How We Get Things Done

- **Task Initiation:** Getting started without a delay. *The ability to begin projects without undue procrastination, in an efficient or timely fashion.*
- **Sustained Attention:** Paying attention, even when I don't feel like it. *The capacity to maintain attention to a situation or task in spite of distractibility, fatigue, or boredom.*
- **Goal-Directed Persistence:** Sticking with my goal. *The capacity to have a goal, follow through to the completion of that goal, and not be put off or distracted by competing interests.*
- **Working Memory:** Remembering what I did and what I need to do. *The ability to hold information in memory while performing complex tasks. It incorporates the ability to draw on past learning or experience to apply to the situation at hand or to project into the future.*

Executive Skills → Behaviors



Our behaviors are **normal** in the context of our life experiences, institutional barriers we might face, and resources we have.



Strengthening skills and mitigating unhelpful behaviors at any age means we can tackle more and more complex tasks and goals.

Breakout Room Discussion



1. Share your top 3/bottom 3 ES with the group.
2. How do you think your ES strengths & struggles result in behaviors at work?
3. How do you think your ES help or hinder your progression to your goals?

Bio Break

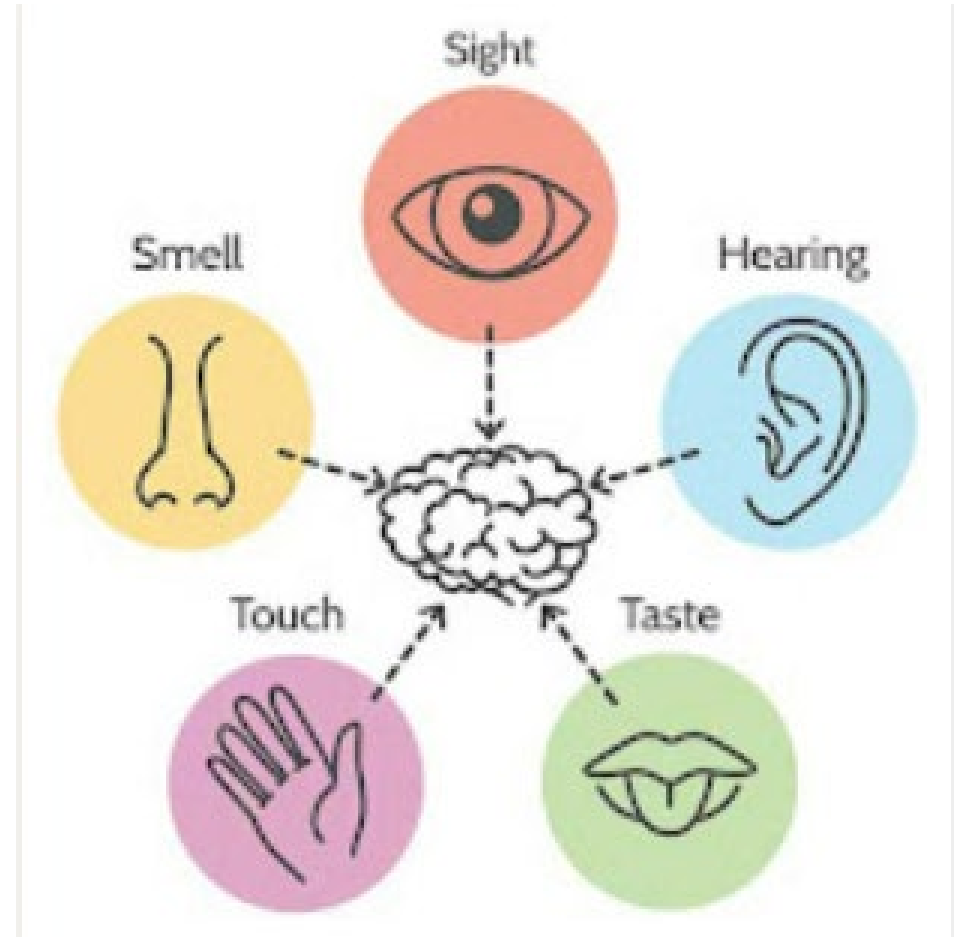
Sight: **Look** at nature

Hear: **Listen** to something pleasing to you

Taste: **Taste** something sweet or salty

Touch: **Feel** something of a different texture

Smell: **Smell** something lovely to you



How Executive Skills Develop



Early Childhood
0-5 yrs

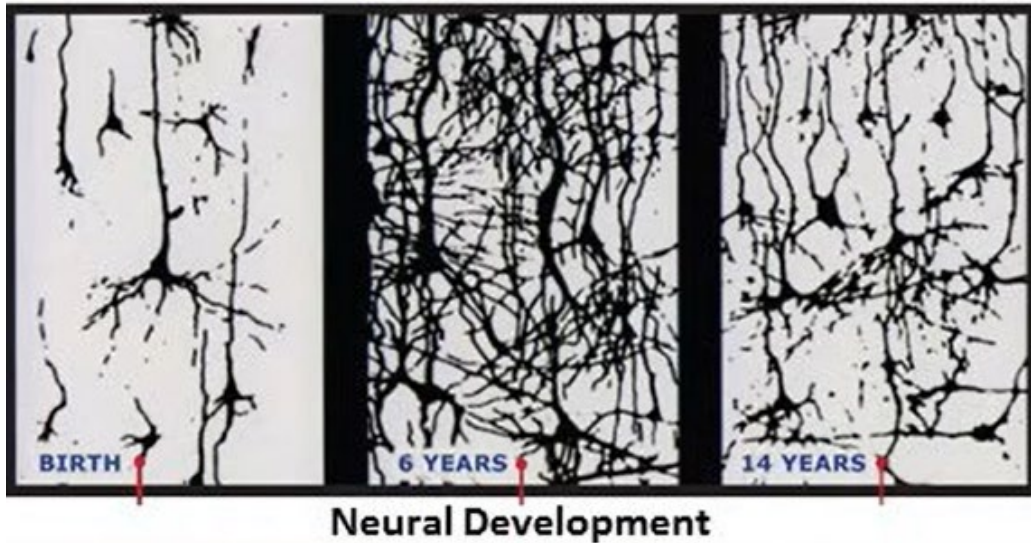


Adolescence
13-26 yrs



New
Parents – at
any age!

Effects of Constant Stress on Executive Skills

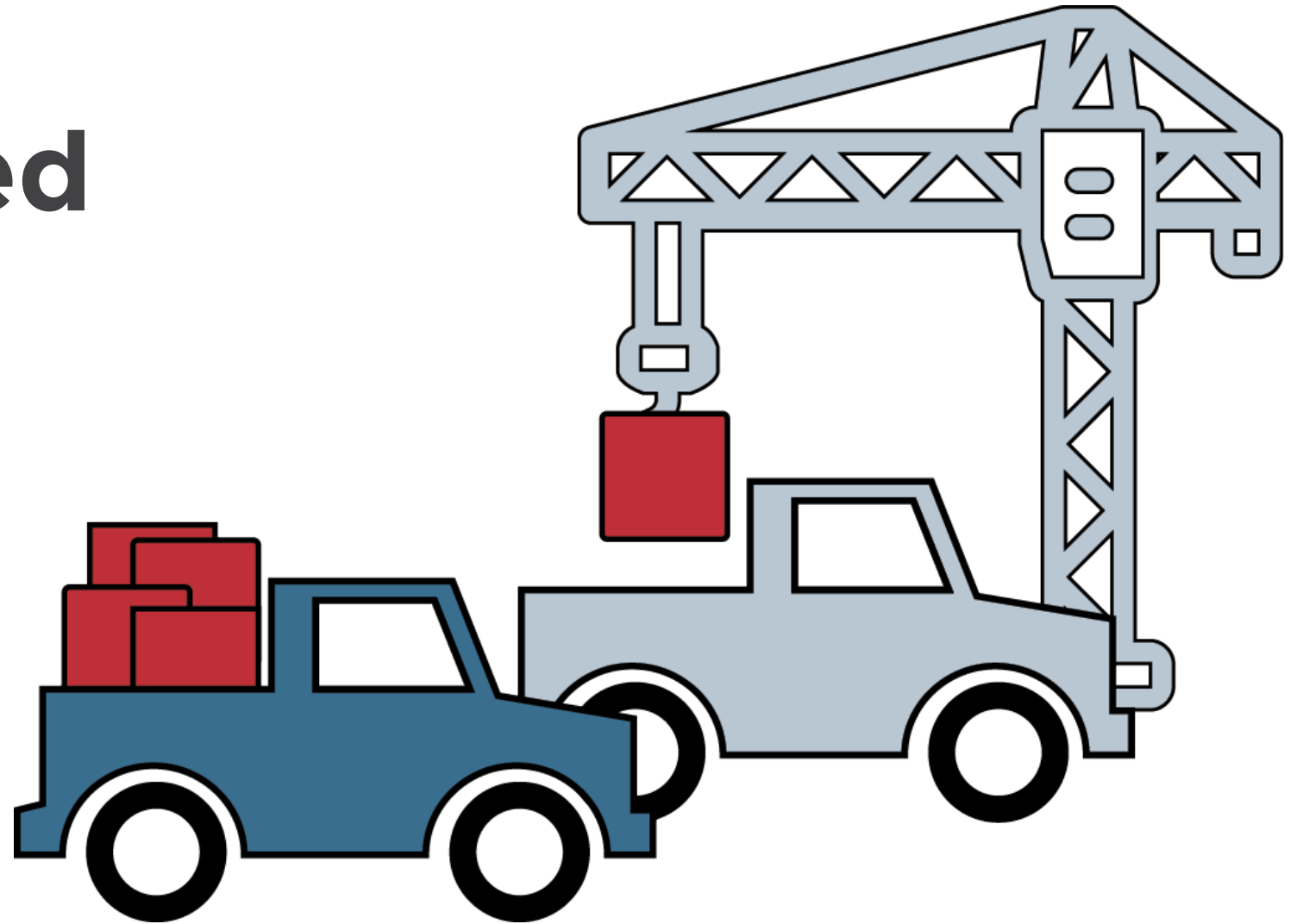


The brain's fight, flight, or freeze circuits become stronger and faster than the circuits built for strong Executive Skills.

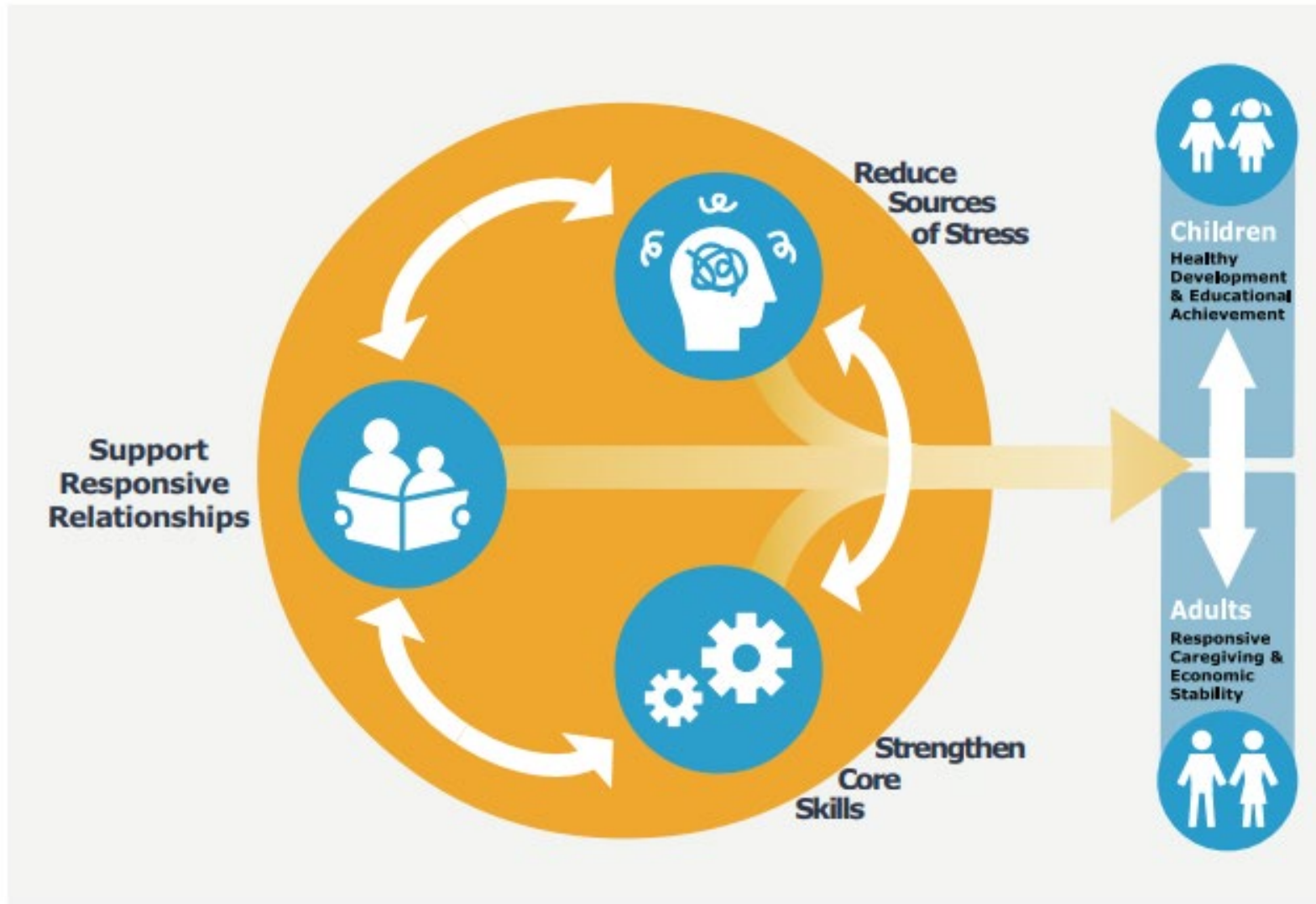
Chronic fear, anxiety, and stress can impact brain architecture, particularly those involved with executive skills and emotional management/self-regulation.



An Overloaded Truck

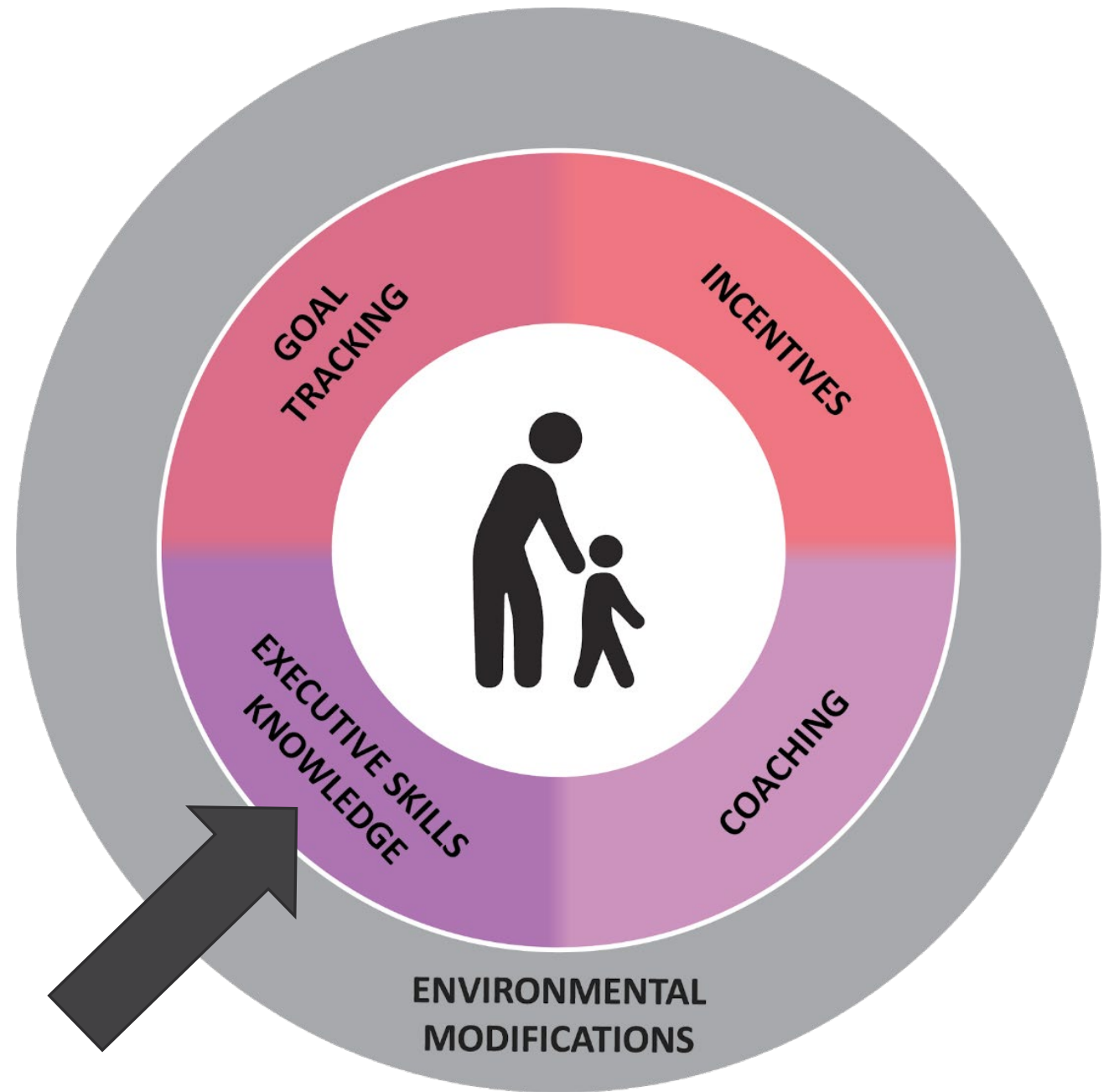


This Matters for Goal Achievement





An Executive Skills Coaching Approach





Visit **The Hub**  **for:**
@ NEW MOMS

- ✓ More information about Executive Skills
- ✓ TA with incorporating ES into your program
- ✓ Trainings for your subgrantees

<https://newmoms.org/the-hub/>



Thank you!

Questions



Resources / Upcoming Events

SAVE THE DATE!

2023 MANAGEMENT & LEADERSHIP TRAINING CONFERENCE

February 8-10 | New Orleans, LA



Access today!

<https://moodle.communityactionpartnership.com>



Community Action Academy



Partnership Website

CSBG TTA Resource Center

Resource Library



Courtney Kohler



Welcome to Community Action Academy

Online Courses & Peer Sharing Space for Community Action Staff



Dashboard



Calendar



Badges



All Courses



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Course categories

- The Learning Community
- Family-Centered Coaching
- ROMA Training
- 2020 Census Training
- CCAP
- Organizational Standards
- Pathways to Excellence
- Leadership
- Moodle Training



FRESH FINDS

THE LATEST ANTI-POVERTY RESOURCES



Webinar to Focus on Economic and Concrete Supports and Family Well-Being



When: November 8th 12:00pm CT

Description: *A growing body of evidence shows that families do better when they have access to concrete services and have economic stability. Chapin Hall's research has long addressed the connections between poverty and maltreatment, along with ethnic and racial disparities within and across public systems. At noon Central Time on Nov. 8, we will host a webinar addressing the intersection of family economic insecurity and involvement with child welfare. We will look at how increased access to supports can address long-standing racial inequities and present a vision for a way forward.*

Click [HERE](#) to Register

Financial Empowerment Resource Hub

Check out the new Financial Empowerment Resource Hub!

- Explore resources & tools to equip / empower growth and development for families.



www.communityactionpartnership.com/financial-empowerment/

Contact Information

For more information or questions please contact:

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Evaluation



<https://www.surveymonkey.com/r/PLZZ2LR>



Thank you!