

Jodie
MADDOX
COACH &
CONSULTANT

JODIE MADDOX

ESSENTIAL SKILLS

**PARENT COACH &
EDUCATION CONSULTANT**

JODIEMADDOXICOACH.COM

I PARTNER with parents and schools.

I EMPOWER them to make decisions within their sphere of influence.

I PROVIDE reliable support, with effective strategies, to gain desired results.



Executive Functioning Skills

Essential skills children must learn starting at birth and into their 20's.. More important than a person's IQ score

Impulse Control

The ability to stop one's own behavior at the appropriate time, both verbally and physically.

Emotion Control

The ability to modulate emotional responses by bringing rational thought or thinking over one's feelings.

Working Memory

The ability to cognitively hold and retrieve information for the purpose of completing a task.

Task Initiation

The ability to start a task or activity and to independently create one's ideas, responses, or problem solving strategies to achieve the desired outcome. The opposite of procrastination.

Flexible Thinking

The ability to move freely from one situation to the next, successfully adapting one's thinking and emotions in order to respond appropriately to the task at hand.

Self Monitoring

The ability to monitor one's own performance and to measure it against some standard of what is needed or expected. Also called metacognition.

Planning & Prioritizing

The ability to manage current and future tasks, demands, and set and achieve goals.

Organization

The ability to put things in order physically and mentally. This includes physical spaces, personal belongings, as well as cognitive items.

Notes