

Virtual Tools for Integrating Executive Function and Self-Regulation Principles into Work and Human Service Programs



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Goals for this Session

By the end of this session, you will have:

- Added two new approaches to your toolbox to help program participants identify meaningful goals and strategies for overcoming obstacles that might get in the way of success
- Learned from practitioners how these approaches have changed frontline practice and participant experiences
- Learned how you can access free, online resources and training materials

- **WISH**
- **OUTCOME**
- **OBSTACLE**
- **PLAN**



<https://www.woopmylifetoolbox.org/whywoop>

For more information and practice on WOOP:

<http://woopmylifetoolbox.org>

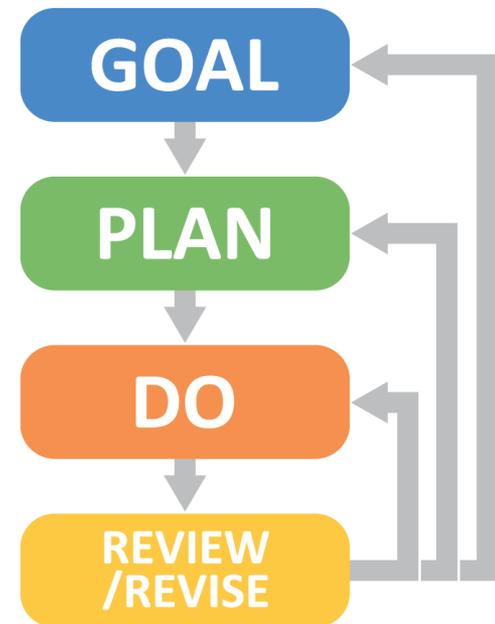
A Structured Approach to Goal Achievement

Goal: Set a goal – something meaningful and doable

Plan: Develop a plan for how to get from here to there

Do: Do the plan – put it into action

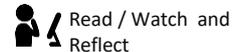
Review/Revise: Review and assess progress; take the next action steps, make a new plan, or set a new goal



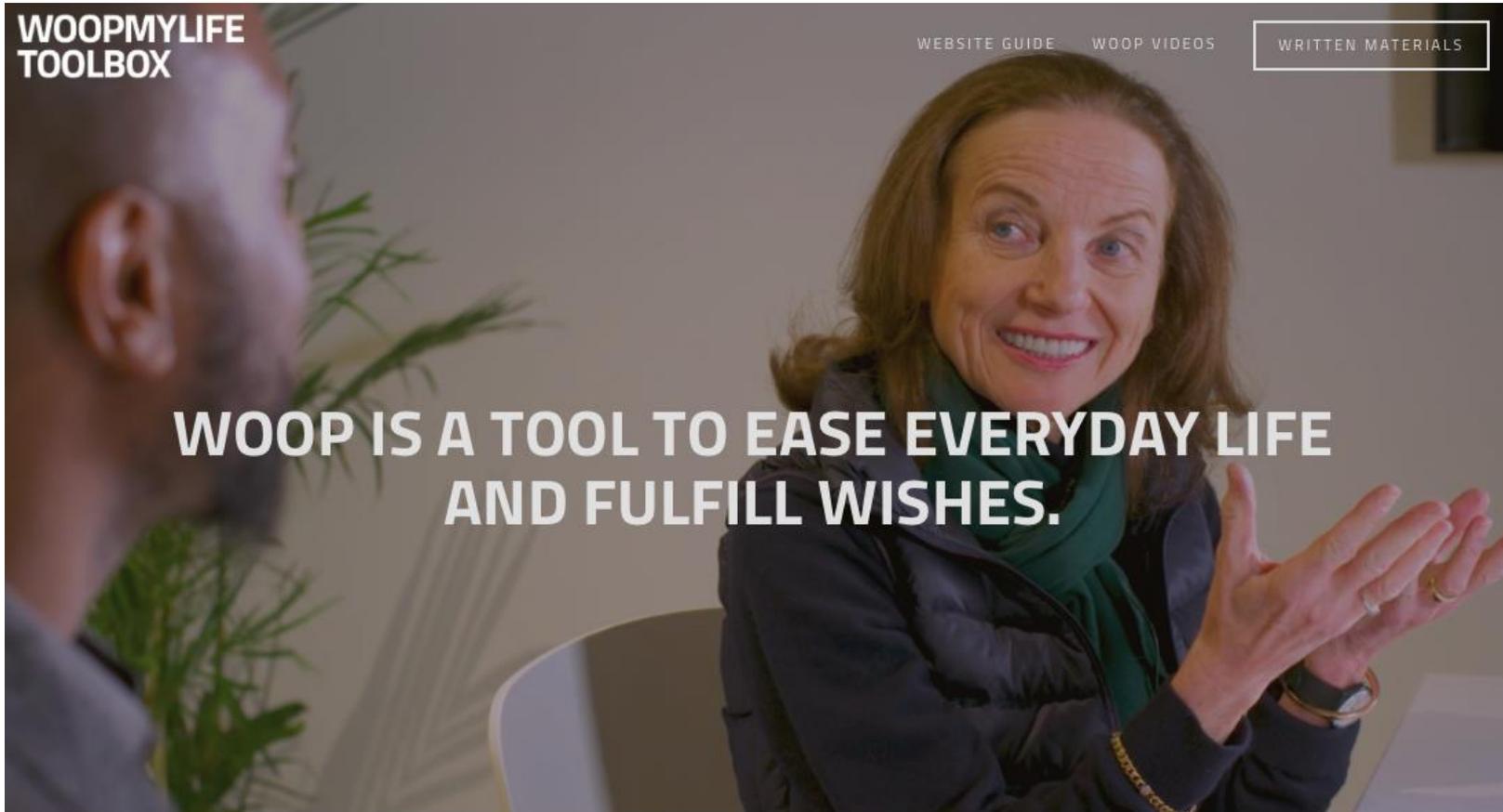
GPDR/R: Online Free Staff Training Course

1 Course Foundation	2 What it Takes to Achieve a Goal	3 How Insights into Strengths & Struggles Can Help Us	4 Guiding Participants to Effectively Set and Achieve their Goals	5 Making this Work in Your Setting
<p>Module 1 describes the intent of this course, and highlights the many skills you will build through practice and experimentation. It also provides ideas for how you can tailor the course to fit your own schedule and setting.</p>	<p>Module 2 introduces a research-based framework to goal achievement called “GPDR/R”: goal, plan, do, review/ revise. During this module, you will experience the process for yourself, and reflect on your experience with a colleague.</p>	<p>Module 3 will explore valuable research about foundational skills that help us all to set and achieve our goals. You will reflect on your own skill strengths and struggles, and see how knowing your skill profile can help you as you pursue goals of any kind.</p>	<p>Module 4 will span over several weeks and will be done mostly in the context of your day-to-day work with clients. You will get valuable feedback as you support clients through each step of GPDR/R, experimenting with a number of optional tools and tips.</p>	<p>Module 5, the closing module, is best done in collaboration with colleagues and supervisors, as you think through the best ways to integrate this new approach into all aspects of your work..</p>
 <p>🕒 Est. 2 hours over 1 week</p>	 <p>🕒 Est. 2 hours over 1 week</p>	 <p>🕒 Est. 3 hours over 1 week</p>	 <p>🕒 Est. 8 hours over 2-4 weeks</p>	 <p>🕒 Est. 2 hours over 1 week</p>

KEY

-  Read / Watch and Reflect
-  Try it Out
-  Learning Partner / Group Exchange
-  Practice, with feedback

WOOPMYLIFETOOLBOX.ORG



EFWorksLibrary.org



HOME ABOUT RESOURCES PROGRAM EXAMPLES SUPPORT

Key Resources on Using Executive Function and Behavioral Science Principles to Build More Effective Human Service Programs

KEY CONCEPTS AND IMPLEMENTATION RESOURCES CURATED FOR YOU

The EFWorks Library is a curated filing cabinet of resources for human services programs to learn about and implement an Executive Function-informed approach to service delivery. Through the library, you can easily access core resources on **key concepts** from the available research and practice materials. You can also access resources to guide how you might **implement** these key concepts in a variety of practical ways in your day-to-day work.



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