



## 01. Executive functioning is the brain's self-management system.

Executive functioning (EF) helps us manage our thinking, feelings, and actions, especially when something takes effort, organisation, flexibility, or self-control.

For neurodivergent people, EF does not always “switch on” when needed.



## 02.



### Executive functions include:

- Managing time
- Getting started
- Holding information in mind
- Planning and organisation
- Shifting between tasks
- Staying focussed
- Thinking before acting
- Managing big feelings

## 03. It's not always “I won't”.



Sometimes it's actually:

- “I can't, right now”
- “I am still learning”
- “I am overwhelmed”

## Support matters.

EF “switches on” better when tasks are clear, broken into steps, and supported by routines.

Support does not replace independence - it helps build it.

## 04.

