



ATTENTION TRAINING / EXECUTIVE FUNCTIONING SKILLS GROUP

GOAL MANAGEMENT TRAINING

Interested in improving attentional control and developing strategies to work around time management, problem-solving, and planning difficulties? This group is based on a well-researched program of interactive learning designed to raise awareness of various aspects of these topics, support working memory, overcome procrastination, and improve decision making. These skills also help minimize forgetfulness. The program aims to establish skills to build awareness, understanding, and acceptance of goal management problems and then develop specific strategies to target them. Attention training is implemented using mindfulness exercises and strategies.

BRIGHAM HEALTH



**BRIGHAM AND
WOMEN'S HOSPITAL**

Attention

Decision Making

Time Management

Problem Solving

Planning

Mindfulness

BWH

*Now conducted virtually
via Zoom*

9 Weeks
90-Minute Sessions

**For more information
call 617-732-8068 or email**

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