



## From Chaos to Calm:

### Master Your Schedule and Take Back Your Day

*An Executive Function Course for Adults with Dr. Carol Perlman*

This unique 21-day course will equip participants with the skills to better conquer their day.

Discover powerful strategies for **overcoming procrastination** and creating guilt-free time for self-care and loved ones. End the cycle of going to bed frustrated because you did not accomplish as much as you'd hoped during the day and **start feeling fulfilled** because you were **productive** AND had time for **rest, relaxation and fun**.

#### Methodology

This program draws upon cognitive behavioral therapy research as well as literature on creating sustainable habits. The program offers built-in support and accountability to implement the skills and system taught. This is a collaborative experience with the opportunity to learn and grow with your peers.

#### Course Delivery

- Four 45-minute virtual group coaching sessions via Zoom
- Two 30-minute one-on-one meetings with Dr. Perlman
- Daily asynchronous interaction with Dr. Perlman on a digital platform (Google Classroom) over 21 days. You will benefit from working alongside other participants in this private group setting.
- Participants will be responsible for completing workbook assignments as outlined in the curriculum (approximately 15 minutes/day)

**Cost: \$599.00**