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Info: <http://danmar-computers.com.pl/sofia>

## WHY Sofia?

According to recent studies it is clear that in order to help adult people to acquire new skills:

- ♦ educators should consider that adult learners often have to cope with specific issues and challenges;
- ♦ educators should develop custom-tailored courses.

## WHAT NEEDS ADDRESSES Sofia?

Some adult people often lack the abilities to:

- ♦ hold information in mind for the purpose of completing a task;
- ♦ shift from one situation to another and think in a flexible way;
- ♦ plan and organise their works and manage current and future-oriented task demands;
- ♦ ensure the emotional control.



# sofia

**Strategies to Strengthen  
Executive Functions in  
Adults**



Erasmus+

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## ABOUT SOFIA

- ◆ Erasmus + project 2017-1-FR01-KA204-037216
- ◆ Key Action: Cooperation for innovation and the exchange of good practices
- ◆ Field: Strategic Partnerships for vocational education and training,
- ◆ Duration: September 2017 – December 2019

## AIMS

Enhance the personal and professional skills and competences of adults in order to help them be more integrated in the labour market and in society, by enhancing their executive functions.

## TARGET GROUPS

- ◆ ADULTS: people with executive function disorders (EFD) and adults with poor executive functions but without specific formal recognition and that represent the majority of the adults.
- ◆ EDUCATORS/TRAINERS/ COUNSELLORS that work with these adults.

## Strategies to Strengthen Executive Functions in Adults

### RESULTS

- ◆ Hadbook on the characteristics and the needs of the adults with executive function disorders;
- ◆ Toolkit of methods for developing/ enhancing/improving executive functions in adult population;
- ◆ Program with specific techniques based on mindfulness and meditation;

- ◆ A pool of tools that will enable adult learners to acquire specific abilities related to, inter alia:

- emotional control;
- working memory;
- Inhibition;
- shift form one situation to another ;
- think flexibility;
- Initiation;
- planning/organization.

These new competences will lead adults to be :

- ◆ WELL INTEGRATED IN THEIR PLACE OF WORK
- ◆ BETTER INTEGRATED IN SOCIETY.

### Multiplier events:

- ◆ SOFIA intermediate local event in each partner country;
- ◆ SOFIA final local event in each partner country.



**solia**  
STRENGTHEN  
EXECUTIVE FUNCTIONS