



Erasmus+

SOFIA

Strategies to Strengthen Executive Functions in Adults

A pool of tools that will enable adult learners to acquire specific abilities related to:

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

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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.

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