

# What's The E.F?



**Training Programmes for  
Early Years and Schools**

# What's The E.F?



## Empowering Futures: The Executive Function Training Programmes

In an ever-evolving world, equipping children and young people of all ages with the skills to navigate complex challenges is paramount. Beyond traditional academic knowledge, success in the 21st century hinges on a set of core cognitive abilities known as Executive Function (EF). These are the skills that allow us to plan, organise, manage our attention, and regulate our emotions.

Our new, research-led training programmes are designed to empower educators and practitioners across all settings—Early Years, Primary, Secondary, and SEND—to intentionally cultivate these crucial skills in their students.

### Why Focus on Executive Function? The Research Is Clear.

Decades of neuroscientific and educational research have established a powerful link between strong Executive Function skills and:

- **Social-Emotional Well-being:** EF abilities, particularly in areas like emotional regulation and inhibitory control, are fundamental to building positive social relationships and managing stress.
- **Academic Achievement:** EF skills are a stronger predictor of academic success than other characteristics such as IQ. Students with well-developed EF are better able to focus in class, manage homework, and solve complex problems.
- **Future Success:** These skills are not just for school; they are life skills. They are essential for navigating social relationships, personal challenges, education and the workforce. They form the foundation for resilience, adaptability, and lifelong learning.

# What's The E.F?



## Our Innovative Approach

Our programme moves beyond theory and provides actionable strategies that can be seamlessly integrated into your curriculum, provision, and daily teaching. We understand that every early years and educational setting is unique, and our training can be tailored to the specific developmental needs of children and young people at each stage.

### Key Programme Features:

- **Evidence-Based Training:** Our content is built on the latest research in cognitive neuroscience and educational psychology. We provide you with the "why" behind the "what."
- **Practical, Context-Specific Strategies:** We don't just talk about E.F.; we show you how to foster it. Modules are designed with specific examples for:
  - **Early Years:** Developing foundational E.F. skills through the environment, play, routine and adult-led support.
  - **Primary and Secondary:** Integrating E.F. into the school's ethos, curriculum and learning and teaching pedagogies.
  - **SEND:** Providing understanding of how SEND conditions link to E.F. and sharing explicit strategies for children and young people who need additional support in developing these skills.
- **Whole-School/Setting Approach:** We encourage a whole-school strategy, providing guidance on how to create a culture that values and promotes Executive Function.
- **Sustainable Implementation:** The programme includes resources, practical tips, and ongoing support to ensure that the learning doesn't stop after the training session. We empower you to become an Executive Function leader in your own school.

**Looking for a whole team training day?** Sessions can be combined to provide a full day's high-quality training which champions the power of executive function in the early years and capturing how it links to vulnerable learners (SEND, disadvantaged) and how to build a community that values the building of E.F. skills.



# What's The E.F?



## Early Years Settings Programmes

**Champion the best start in life for your children and set them up for school readiness and lifelong skills.** Our Early Years sessions champion E.F. as a core foundational component of any effective early years setting and supporting knowledge and confidence of practitioners to give children the best start!

### What's The E.F? Core Training - 3 hours

Our introduction sessions builds your initial knowledge and understanding of what executive function is and the three core triads of working memory, inhibition control and cognitive flexibility. We explore how these cognitive processes are developed through early childhood and why it is critical for learning, life and readiness for school. We also provide ideas for how you can embed E.F. into your environment and provision. *This can be split into three x 1 hr sessions making it a great opportunity for staff training and twilights.*

### What's The E.F In Ofsted? - 1.5 hours

The new Ofsted framework specifically references the importance of settings considering executive function as part of developing behaviour, attitudes and establishing routines at an 'expected' level. We explore E.F. and Ofsted's understanding and key ways to champion and evidence E.F.

### What's The E.F and Readiness For School - 1 hour

This short session delves into the links between executive function and school readiness and aids practitioners understanding of why an increased focus on executive function will support young children to not only have the skills to navigate the critical transition into schooling.

### Supporting SEND through E.F - 1

This session looks at how E.F. links with common SEND conditions such as SLC, ADHD and ASC can be supported by promoting a greater focus on E.F. and how these cognitive skills support brain and childhood development.

### What the E.F and Families - 1 hour

Research is clear that executive function can be grown and developed. Engaging parents, carers and families in their understanding of how they can cultivate E.F. in practical, home-based routines and activities.

**Building E.F. into continuous and adult-directed provision:** This session helps you to consider how E.F. can be intentionally linked to curricular, planning, observation and assessment cycles, so you are confident that it is an embedded and integrated part of your EYFS approach.





# What's The E.F?



## Primary Schools Programmes

Help your children become more independent and capable learners. Our programmes provides primary school teachers with practical, research-backed techniques to strengthen core skills such as planning, organisation, self-control, working memory and emotional regulation - essential for socialising, wellbeing, behaviour and lifelong learning. Discover how to embed these skills into daily lessons, helping students manage their learning, complete tasks, and navigate social situations with greater confidence.

### **What's The E.F? Training - 2.5 - 3 hours**

Our introduction session builds your initial knowledge and understanding of what executive function is and the three core triads of working memory, inhibition control and cognitive flexibility. We explore how these cognitive processes are developed through early childhood and why they are critical for learning, life and readiness for school. We also provide ideas for how you can embed E.F. into your curriculum, environment and provision.

### **What's The E.F In Ofsted - 1.5 hours**

Designed for school leaders, this session explores Ofsted's focus and understanding of executive function, as part of 'behaviour, attitudes and establishing routines' in the early years and how these foundational skills promote strong learning and behaviour throughout KS1 and 2 can support your children to thrive.

### **E.F. and vulnerable learners - 'keeping up' not catching up - 1.5 hours**

This session explores how those with SEND conditions such as ASC and ADHD and our most vulnerable learners such as those experiencing trauma or deprivation can be supported by promoting greater focus on E.F. skills. We explore practical ways to work with children with lower E.F. competencies to ensure our vulnerable learners are 'keeping up', not 'catching up'

### **What's the E.F. got to do with wellbeing? - 1 hour**

Wondered why your brain struggles after you've had a bad nights sleep? In this session we look at how E.F. and wellbeing are intertwined and other factors that can affect how well our E.F. and wellbeing works, such as sleep, technology usage, nutrition and stable environments.

### **E.F. and metacognition- 1.5 hours**

This session explores how metacognition is a critical part of cognitive functioning that needs to starting developing from an early age. We delve into 'thinking about thinking' and how E.F. skills are intrinsic to effective reflection and self-assessment skills.



# What's The E.F?



## Secondary Schools Programmes

Prepare your students for academic success and the demands of adulthood. Our secondary school programmes equip educators with pedagogical knowledge and strategies to enable students to thrive. Learn how to help adolescents manage revision, plan projects, and develop the self-discipline and resilience needed for higher education and the workplace

### **What's The E.F and the teen brain - 2 hours**

Research is clear that the link between executive functioning skills and secondary school students is significant, as these skills are crucial for academic success and overall development. This session introduces staff to executive function skills - working memory, inhibition, emotional control, flexible thinking, and self-control, and how they are essential for learning and managing daily life and to enable students to pay attention to assignments, ignore distractions, plan, set goals, and monitor progress.

### **Unleashing E.F. for workplace success - 1 hour**

This session helps you understand the importance of E.F. skills for careers and workplace success and provides practical strategies to develop them. We connect EF concepts to concrete career readiness skills and help you to ensure the 'soft skills' that bring about workplace success are developed and built into your careers programme.

### **E.F. and Autism - 1.5 hours**

This session explores how Autism and E.F. are linked and how young people with autism who struggle with planning, organisation, decision-making and regulation, can be supported through adaptations and interventions that put E.F. at their core.

### **Supporting mental health through building E.F (Secondary). - 1.5 hours**

Our E.F. skills are crucial for our mental health and wellbeing as they contribute to our ability to make decisions, manage daily tasks and cope with our emotions. We explore how mental health and conditions such as anxiety disorders, which are increasingly prevalent in teens, can be affected by lower E.F. competencies and how to grow E.F. skills to grow wellbeing.

### **How Technology can affect Executive Functioning - 1 hour**

Research shows that E.F. skills can be negatively affected by our online habits and times. Strengthen E.F. skills can also support proactive online behaviour and enable teens and young adults to make well informed decisions in digital spaces.



# What's The E.F?



## SEND and Inclusion Programmes

Looking to create an inclusive setting which champions the development of foundational and core cognitive skills? Our SEND and inclusion sessions explore specific and personalised links between E.F. and SEND and how you can actively champion E.F. to support the potential of everyone, but strengthening cognitive processing. Sessions can be tailored to meet the age ranges and SEND characteristics of school for greater relevance.

### **Exploring the development of E.F. throughout childhood - 1.5 hours**

This session promotes a theoretical grounding in E.F., the three core triads and how they develop throughout childhood and how this translates into educational importance and social skills.

### **What's the E.F. and SEND connections - 1.5 - 2 hours**

This session will explore how EF difficulties manifest in specific SEND conditions such as ADHD, Autism and SpLD. We offer practical ideas for environments and classroom and ways to effectively intervene where children and young people's executive functioning may be lower to help their social skills, emotional regulation and academic support.

### **Targeted Interventions and Scaffolding - 1.5 hours**

This session looks in more depth at specific and personalised interventions that can be applied to support children and young people's working memory, inhibition control, cognitive flexibility and planning and organisation.

### **E.F. and metacognition in ASC- 1.5 hours**

This session explores how metacognition is a critical part of cognitive functioning and supports long-term skill development and how difficulties linked to ASC such as planning, organisation, memory and social skills can be supported by strengthening a young person's executive function..

### **E.F. and behaviour regulation - 1.5 hours**

EF and emotional regulation are deeply intertwined. Emotional regulation, the ability to manage and respond to emotional experiences, is often considered a key component of executive function. This session directly address this connection, providing educators with understanding the neuroeducation behind it and actionable proactive and reactive (in the moment) strategies.

### **Supporting mental health through building E.F. - 1 hour**

Our E.F. skills are crucial for our mental health and wellbeing as they contribute to our ability to make decisions, manage daily tasks and cope with our emotions. We explore how mental health and conditions such as anxiety disorders, can be affected by lower E.F. competencies and how to grow E.F. skills to grow wellbeing.



# What's The E.F?



## Pricing:

Full day £600 (Includes INSET and training days) including digital downloads of slides and any accompanying materials

Half day £350

Twilight / after school sessions of up to 2 hours £250

## Personalised consultancy

If you would like to build a personalised consultancy package of support to introduce E.F. into your school, contact us for bespoke pricing. Consultancy can include: coached planning, curriculum development, training and observations and feedback.

## E.F. Action Research School Projects

Do you want to engage in a year long action research project to assess the influence and impact of E.F. in your setting? We can support you to design, implement and deliver a research based project, including training, pre and post assessments, independent observations and practitioner support. We can also connect you to other schools innovating their curriculum and provision through championing executive functioning.

*Please note, that reasonable travel is charged separately.*

Contact directly at [kerry.hill@nedforschools.co.uk](mailto:kerry.hill@nedforschools.co.uk)  
[www.nedforschools.co.uk](http://www.nedforschools.co.uk)





What's the E.F. is part of the NED For Schools Group  
[www.nedforschools.co.uk](http://www.nedforschools.co.uk)

# Training Programmes for Early Years and Schools

