



TEFOS 2019

The Executive Function Online Summit

Tips for getting the most out of TEFOS

My promise to you: Hi from Seth. If you take TEFOS seriously and immerse yourself this weekend, you will walk away with a much better understanding of how to help your child with Executive Function challenges. I created this document to give you some ideas that might resonate with you, to get the most out of TEFOS:

1. Print this and read every morning of the summit.
2. Join the “Executive Function Summit 2019” Facebook group to connect.
3. In your mind, commit to you and your child. Show up for as much of TEFOS as is reasonable. Be present. Get away from distractions as much as possible.
4. Set intention. Take a moment now to close your eyes, breathe, and set your intention for the summit today (consider what you hope to come away with today).
5. Get accountability partners. Find a couple of people to go through the summit with, either remotely on zoom, skype, phone, email, or in person. Either way, find people to debrief with (you can post in the TEFOS fb group to find people if you wish).
6. Be an imperfectionist: Don't try to do everything. In other words, there is a lot of content to absorb. Just do your best to saturate yourself in as much of the summit as is reasonable for YOU. You don't have to hear every word or take every note. Just sit back, relax, **take what you want and leave the rest**. You may feel overwhelmed by the end of this. But trust the process, you will absorb what you need and after the dust settles, you'll have more of the answers you were looking for.



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7. Come with an open mind but know that there will be some speakers who do not resonate with you. Take what you like and leave the rest, move onto the next speaker that DOES resonate!
8. Get a fresh journal, notebook, or create a new document on your computer to take notes.
9. Make a “Theme List” in your notes to list BIG ideas that emerge in your mind. You’ll notice that each speaker shares similar core concepts but that they communicate these ideas differently. Start to notice these KEY THEMES and track them in your journal. Examples might be: Relationship building, Emotional regulation, Iceberg theory...
10. Use the gear on the videos to adjust the speed to your liking.
11. Watch the **first 10 min** of each talk because you will get to know what they are teaching about and you can prioritize the speakers that resonate the most with you.
12. Watch the **last 5 min** of each talk, because I ask the SAME final question to every speaker, and these were my favorite answers! They are powerful and deep.
13. If you want to own TEFOS, read about what you get when you purchase.

*I hope this helps!
Very best wishes,
Seth Perler*