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## Focus on Success Wednesday at 9 AM Pacific

Focus on Success is designed to improve your quality of life by offering solutions to everyday problems with the intention of promoting success. We'll do this one challenge at a time. If you are anyone who has executive function challenges, you may need to improve your time management, organization, planning, prioritization, attention, focus, memory or problem-solving skills. We discuss topics such as, what executive function is, and the most common ways executive function challenges will manifest in everyday life, in children and adults. We speak to professionals such as counselors, educators

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