



Total Communication  
Changing Lives. Touching Futures



# EXECUTIVE FUNCTIONS SKILLS

## HOLIDAY PROGRAMME

### LEARN TO LEARN BETTER



#### Cognitive and Executive Function skills

We build executive function skills such as sustained attention, working memory, planning, and flexibility to help students stay organised and approach learning with confidence.



#### Academic Skills Integration

We help students develop effective study habits, clear note-taking, and exam-ready problem-solving skills for confident learning.



#### Programme Details

- 12-sessions Programme
- 1-2 hours sessions
- Ages 10-16 (small group)

## ABOUT THE PROGRAMME

Our Executive Function Programme empowers students to learn smarter through engaging activities that build focus, organisation, and flexible thinking.

**CONNECT WITH US TODAY**



Contact Us  
**+65 9115 8895**



Visit Our Website  
**[totalcommunication.com.sg](http://totalcommunication.com.sg)**



Our Location  
**1 Pemimpin Drive #11-08  
Singapore 576151**

# HOW YOUR CHILD GROWS WITH US

Across 12 carefully structured sessions, students build essential cognitive and academic skills in a warm, small-group environment — progressing from self-awareness all the way to confident, independent learning.

12

## SESSIONS OF FOCUSED, SKILL-BUILDING WORK

Each session is 1-2 hours long, held in a small group setting for ages 10–16. The programme moves through four core pillars — giving students time to learn, practise, and internalise every skill before moving forward.



## WHY EXECUTIVE FUNCTION SKILLS MATTER:

Executive Function skills are essential for academic success, independence, and resilience. Students with strong Executive Function skills can:



Focus better in class



Stay organised and manage tasks



Regulate their emotions



Problem-solve confidently



Perform better in exams and everyday life

## WHAT YOUR CHILD WILL GAIN:

Better school performance through improved Executive Functions

Tools & strategies to stay organised and manage time

More confidence handling stress and obstacles

Empowerment to become independent and successful learners



Contact Us  
**+65 9115 8895**



Visit Our Website  
**totalcommunication.com.sg**



**Total Communication**  
Changing Lives. Touching Futures