



Shana Anders PT, DPT
Pediatric Physical Therapist

*Executive Function & School
Participation*

NEST COLLECTIVE
Together, we build what matters

Executive Function Support for School Teams

Practical. Collaborative. Rooted in real classrooms.

Helping schools better understand student overwhelm, independence, regulation, and participation through practical executive function support rooted in real classrooms.

Executive Function Is More Than Organization

Executive function impacts how students:

- begin tasks
- manage emotions
- shift attention
- plan and prioritize
- persist through challenges

It also shapes how students:

- navigate overwhelm
- work independently
- participate successfully across the school day



When these skills are challenged, students may appear unmotivated, oppositional, disorganized, avoidant, emotional, or inconsistent — even when they are highly capable.

Rather than adding “one more thing...”

These trainings help educators:

- identify hidden executive function demands
- reduce cognitive load (for students *and* teachers)
- support independence without over-supporting

And...

- integrate executive function support naturally into existing systems
- better understand ADHD, Autism, regulation, and participation challenges
- create practical supports that work in *real classrooms*

About Shana...

Shana Anders PT, DPT is a school-based pediatric physical therapist with a passion for helping educators, families, and students make sense of challenges that are often misunderstood as motivation, behavior, or effort. Her work is shaped by both professional experience and life within a neurodiverse family, giving her a unique perspective on the realities of supporting executive function across home, school, and community environments.

Drawing from her background in physical therapy, executive function, ADHD, autism, regulation, and school participation, Shana helps teams better understand the hidden demands affecting student success and identify practical supports that fit naturally within existing routines and systems. Her approach blends evidence-based practice, real-world implementation, and a healthy respect for the complexities educators and families navigate every day.



Sample Training Topics

The “Clumsy” Kid: When It’s More Than Coordination

It’s Not “Won’t” — It’s EF. Understanding Executive Function in Real Classrooms

The Hidden Demands of School: Why capable students still struggle with initiation, follow-through, writing, transitions, and organization

ADHD, Autism, and Developmental Coordination Disorder: Understanding Different Patterns of Regulation, Movement, Executive Function, and Participation

Reducing Student Overwhelm Without Over-Supporting

Executive Function Across the School Day: From academics and behavior to motor skills, social-emotional learning, and participation

Topics can be customized for a school's priorities, age groups, and learning goals. Focused professional learning on ADHD, Autism, Developmental Coordination Disorder, task initiation, regulation, motor participation, and related topics is also available.

Training & Collaboration Options

Half Day Professional Development

A practical, high-impact professional development experience focused on helping educators better understand executive function in real classroom contexts.

Staff leave with a stronger understanding of student challenges, practical support strategies, and a shared framework for supporting independence, regulation, participation, and follow-through across the school day.

Starting at \$650

Full Day Professional Development

Includes the half-day foundational training above, followed by a collaborative afternoon workshop designed to move teams from understanding to implementation through guided application, real-world problem solving, and supports developed around each school’s unique students, systems, and goals.

Especially valuable for schools seeking school-wide implementation support and collaborative systems planning.

Starting at \$950

Targeted Training

A 60-minute, focused learning experience centered on one topic. Includes pre-training collaboration and preparation.

Starting at \$175

Custom proposals available based on training format and school needs. Additional consultation, coaching, or systems work can be scoped separately. Currently serving schools throughout Washington state and the Pacific Northwest.

These Trainings Are Especially Relevant For

Project-based learning environments

Neurodivergent learners

Inclusive classrooms

Schools seeking practical, integrated support approaches

Executive function is most meaningful when supported within authentic, real-world contexts — not as one more isolated program added to the day.



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