



PROGRAM GUIDE · FOR HIGH-PERFORMING PROFESSIONALS

Peak Performance

A 12-week structured therapy program.

Executive-level strategies for focus, productivity, and emotional regulation — so the way you work finally matches the calibre of your ambition.

GREENFORESTTHERAPY.COM





WELCOME

We're glad you're here.

At Green Forest Therapy, we take a compassionate, neuroscience-informed approach to supporting professionals. You've built a career on talent and drive — but demanding workloads, leadership pressure, and the daily weight of stress and overwhelm can make your own mind feel like the hardest part of the job. This program exists to close that gap: understand your unique wiring, build real skills, and make change that lasts.

This guide walks you through everything the next twelve weeks hold — what we'll work on, how sessions run, and what to expect along the way.

Thank you for placing your trust in us — we look forward to working together.



UNDERSTANDING FOCUS, STRESS & THE
PROFESSIONAL BRAIN

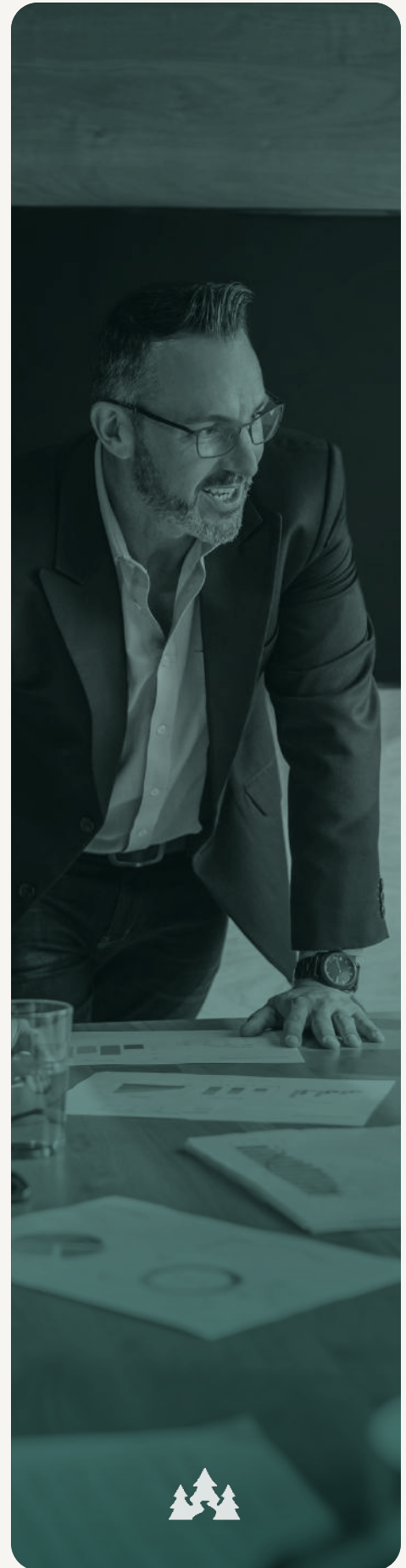
It's not a discipline problem. It's a wiring difference.

In high performers, focus and stress challenges rarely look the way people expect. They look like a senior contributor who delivers brilliant work at 2 a.m. but misses the easy deadline. Like lying awake replaying a stakeholder meeting from noon. Like knowing exactly what to do — you wrote the plan — and still not being able to start.

These patterns trace back to **executive functioning** — the brain's management system for planning, starting, organizing, remembering, and regulating emotion. Under chronic pressure — and in brains wired for novelty over routine — this system gets taxed: stress consumes the working memory and attention those processes depend on. The result is a frustrating gap between what you know and what you can consistently do.

The good news: executive functioning is trainable. Thanks to neuroplasticity — the brain's ability to change — the right strategies, practised consistently, build skills that compensate for the wiring and quiet the anxiety around it. You've likely outworked this problem for years; this program is where you stop compensating and start operating.

Trying harder isn't the answer. A system is.



IS THIS PROGRAM FOR YOU?

Sound familiar?

If several of these ring true — whether you're leading a team, scaling a business, or juggling a demanding career with everything else — Peak Performance was built for you. A diagnosis isn't required to start.

01 You deliver under pressure, but deadlines still sneak up no matter how many systems you try.

02 High-stakes work gets done at the last minute; the routine work barely gets done at all.

03 Your calendar, inbox, and files feel permanently one step ahead of you.

04 Small setbacks — a curt email, a slipped milestone — spiral into outsized reactions.

05 Sleep, meals, and exercise are the first things sacrificed when work heats up.

06 You perform at a high level — but at a cost no one else sees, and the follow-through keeps slipping.

Not sure? Book a free 20-minute call — no pressure, no commitment. We'll help you determine fit together.

WHY TWELVE WEEKS IS WORTH IT

What changes by week twelve.



Less overwhelm, more follow-through

Work gets started without the deadline adrenaline: projects finish on schedule, and your calendar stops working against you.



Steadier emotions under stress

You recognize triggers earlier, stay composed in high-stakes moments, and recover from setbacks without the spiral.



Skills that outlast the program

You leave with routines, strategies, and a measured pre/post picture of your progress — a system you own, not a service you depend on.

Our mission

To support individuals with unique neurological and psychological conditions through sophisticated, neuroscience-informed techniques — adapted to each client, fostering deep understanding and transformative growth.

Our vision

A world where neurodiverse individuals feel understood, empowered, and equipped to succeed — a community of inclusion where our clients thrive emotionally, socially, and professionally.

Our values

Accessibility & inclusion · Authenticity & connection · Integrity · Transformation · Community

TERMS WORTH KNOWING

A shared vocabulary for the work ahead.

Neuroscience-based strategies

Strategies built on how your brain works at a chemical level — what happens as we process emotions, thoughts, and behaviours — optimizing the brain's ability to change.

Applied Behavioural Analysis (ABA)

A scientific method for understanding how behaviours evolve, how the environment shapes them, and how learning happens — used to build new habits and retire the ones that no longer serve you.

Mindfulness-based strategies

Intentionally focusing on the present moment with awareness and without judgment — observing thoughts, emotions, bodily sensations, and your surroundings.

Executive functioning

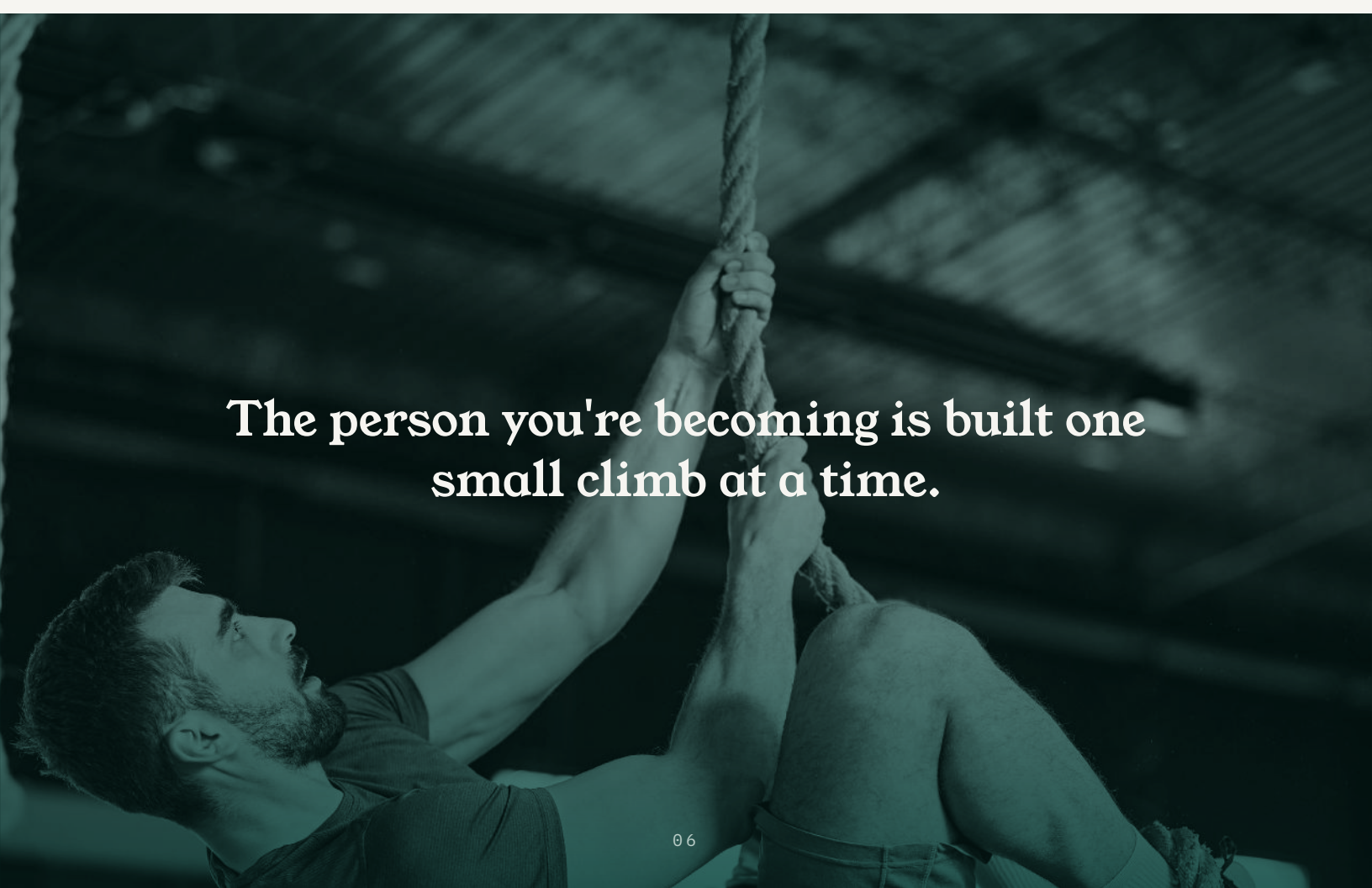
The mental processes that help you set and carry out goals — solving problems, making plans, and managing emotions.

Emotional regulation

Your ability to effectively manage and respond to an emotional experience.

A system, not more willpower.

- 1 Work directly with ADHD & anxiety experts who understand demanding careers.
- 2 Dedicated space to focus on growth, achievement, and performing at your ceiling — sustainably.
- 3 A routine flow that works for you — not against you.
- 4 Neuroscience-based strategies custom-made for your role, workload, and goals.
- 5 A clearer understanding of your brain — and how to meet your own needs.

A photograph of a man with a beard and short hair, wearing a dark t-shirt, climbing a thick rope. He is looking up and to the right, with his hands firmly gripping the rope. The background is a blurred, dark, textured surface, possibly a wall or a large structure. The image has a teal tint.

**The person you're becoming is built one
small climb at a time.**

OUR PEAK PERFORMANCE PROGRAM HELPS YOU

Eight capacities, built over twelve weeks.

01

Understand yourself

Develop a clear awareness of how your mind works under pressure, and how that shapes executive functioning and emotional regulation.

02

Executive-function skills

Strengthen organization, time management, planning, and task initiation — managing daily responsibilities with less overwhelm.

03

Healthy lifestyle habits

Understand how sleep, diet, and exercise influence cognition and mood — and integrate habits that sustain attention and energy.

04

Emotional regulation

Identify emotional triggers, regulate intense feelings, and cope with stress and anxious moments as they arise.

05

Successful routines

Implement structured routines that simplify daily tasks, reduce decision fatigue, and lift overall productivity.

06

Effective work strategies

Identify your working style, adopt active techniques, and bring in tools that make your professional life efficient and aligned with your ambitions.

07

Communication & confidence

Improve listening and conflict resolution, limit overthinking, and grow self-assurance in meetings, negotiations, and everyday interactions.

08

Growth-oriented mindset

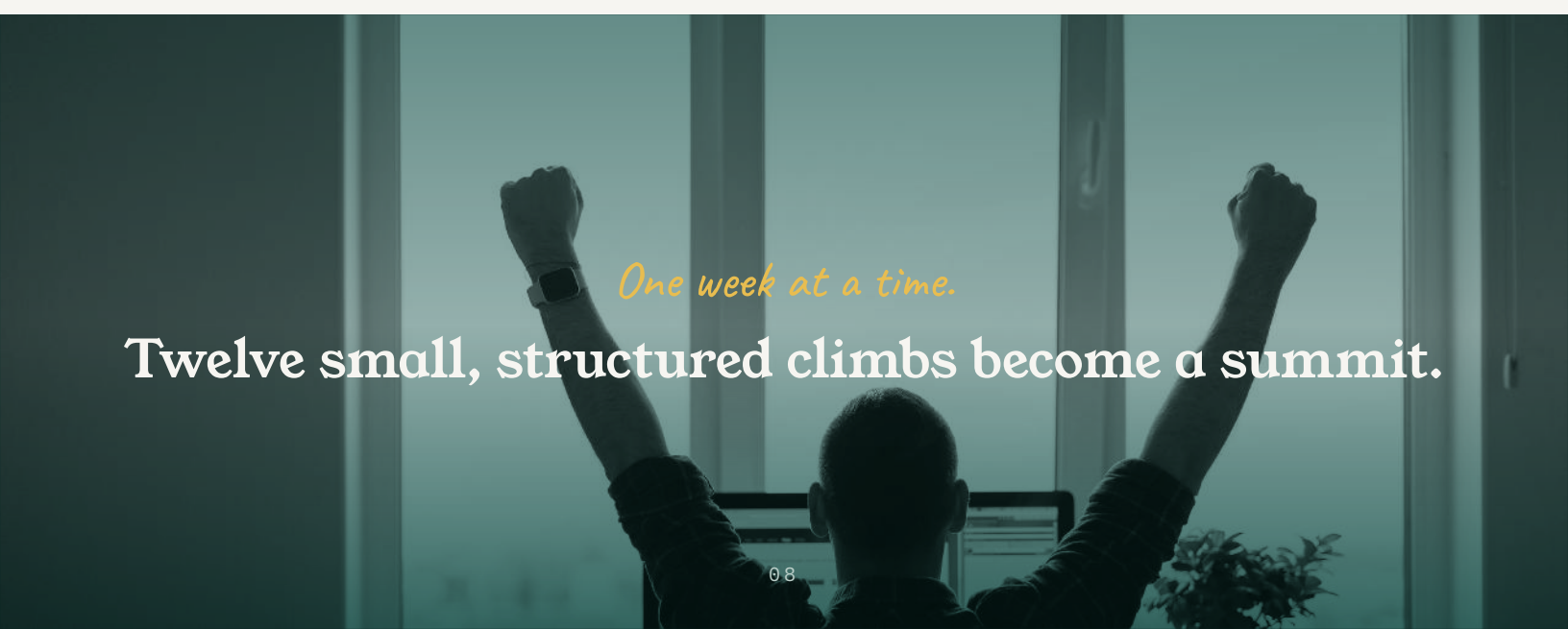
Cultivate resilience, positive self-talk, and flexible thinking — maintaining progress well beyond the program's end.

HOW SESSIONS WORK

One new set of strategies each week. Practised until it sticks.

- 1 Start with a baseline.** You'll begin with an executive functioning pre-test — how you feel about your own abilities and performance — so progress is measured, not guessed.
- 2 Learn one strategy set per week.** Each 50-minute session introduces, discusses, and implements a new set of strategies, built around CBT, ABA, Mindfulness, and Emotion-Focused Skills training.
- 3 Practise between sessions.** You'll track and journal behaviours, moods, triggers, and routines through the week — where the real change happens.
- 4 Finish with proof.** A post-test at the end of the program shows how your perception of your executive functioning — and its impact on your life — has shifted.

50-minute sessions · virtual across Ontario · CBT, ABA, Mindfulness & Emotion-Focused Skills



One week at a time.

Twelve small, structured climbs become a summit.

SESSION BREAKDOWN

Week by week

The program opens and closes with an executive functioning self-assessment, so you can see how far you've come.

WK 1 Intake assessment

WK 2 Introduction & psychoeducation on ADHD & anxiety

WK 3 Psychoeducation on therapeutic modalities — CBT, ABA & strengths-based

WK 4 Assessing & establishing behavioural routines

WK 5 The trifecta: sleep, diet & exercise for executive functioning

WK 6–8 **Executive functions — you and your therapist select three:**
Goal-directed behaviour · Task initiation & time management · Planning & organization · Working memory & information management · Emotional regulation & selective focus · Self-control: inhibitory control & impulse regulation · Problem-solving & cognitive flexibility

WK 9 Effective personalized work strategies

WK 10 Emotional regulation & stress response

WK 11 Thoughts & mindset work

WK 12 Reflection, maintenance & future planning

OPTIONAL ADD-ON SESSIONS

Self-concept & self-confidence · Interpersonal relationships & social skills · Boundary setting — ask your therapist if you'd like to build these into your program.



Everything runs through the Jane App.

Jane is the secure practice-management platform we use for scheduling, billing, and client records. Once you register, you'll use it to book and attend sessions, access your worksheets and handouts, complete your pre- and post-questionnaires, and manage billing, receipts, and your intake and consent forms.

Scheduling

Appointments run weekly or biweekly for effective results. Book ahead through the clinic, or directly from your Jane profile.

Billing & fees

A credit card is kept on file; pay by card or e-transfer — just tell admin or your therapist your preference. Payment is processed during or at the end of each appointment, and you'll always be informed first. Fees outstanding beyond 48 hours are charged to the card on file.

Cancellations

Please give 24 hours' notice to cancel — cancellations within 24 hours are billed a late-cancellation fee, and missed appointments a no-show fee. Reschedule through the clinic or your Jane profile. Full details live in the consent form on your Jane profile.

ONCE YOU REGISTER

What to expect in your first week.

Onboarding

You'll be set up on Jane, where you'll complete an intake form, consent forms, and confidentiality agreements, and add a credit card to your account.

Worksheets & handouts

Everything is uploaded to the "Documents" tab of your Jane profile. Reviewing and practising the session takeaways between sessions is what makes the program work.

Takeaways sized to your life

Every session takeaway is custom-made for you and broken down to its smallest, most manageable size. If something isn't workable, tell your therapist.



We're excited to start this journey with you.

**Focused. Organized. Ready
for what's next.**

Questions or concerns? Reach out by phone or email — we're happy
to help.

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