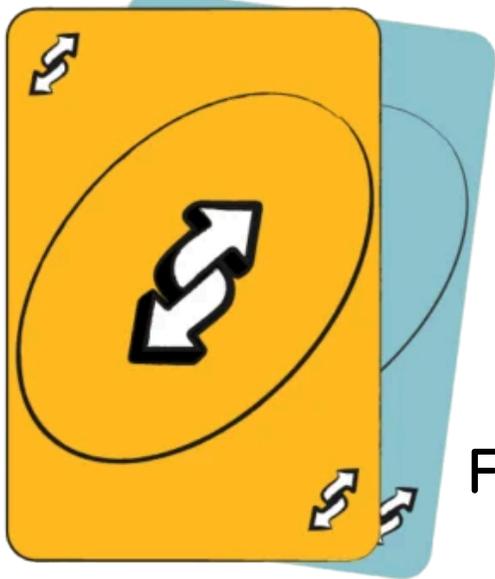


Executive Function Skills: Reverse Brainstorming



Tuesday, April 28, 2026
6 p.m. - 7:30 p.m.

Fairfield Woods Branch Library

What if, instead of trying harder, we tried thinking differently?

In this interactive workshop, we'll use a technique called reverse brainstorming to explore everyday challenges, such as getting organized to following through on plans, by first coming up with how to make them worse. It sounds counterintuitive, but this approach is surprisingly fun and helps us see familiar problems with fresh eyes. Reverse brainstorming can unlock creative, practical solutions. If you're tired of the same old strategies not working, this session will offer a lighter, more effective way forward.

Presented by Executive Function Coach, Hannah Choi