

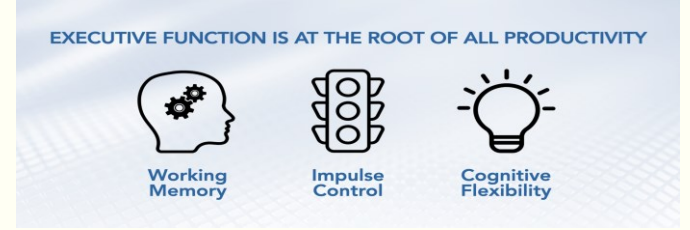
UNITED TEACHERS ASSOCIATION FOR MARTIAL ARTS COMMUNITY OUTREACH PROGRAM: DEVELOPING EXECUTIVE FUNCTION

A 501C3 nonprofit in good standing since 2014 is excited to
announce 4 new 16 hour certificate programs.





Executive Function Defined



According to the Center on the Developing Child at Harvard University, executive function and self-regulation skills are the mental processes that enable us to plan, focus attention, remember instructions, and juggle multiple tasks successfully. Just as an air traffic control system at a busy airport safely manages the arrivals and departures of many aircraft on multiple runways, the brain needs this skill set to filter distractions, prioritize tasks, set and achieve goals, and control impulses (<https://developingchild.harvard.edu>).

When children have opportunities to develop executive function and self-regulation skills, individuals and society experience lifelong benefits. These skills are crucial for learning and development. They also enable positive behavior and allow us to make healthy choices for ourselves and our families.

Executive function and self-regulation skills depend on three types of brain function: working memory, mental flexibility, and self-control. These functions are highly interrelated, and the successful application of executive function skills requires them to operate in coordination with each other.

Each type of executive function skill draws on elements of the others.

Working memory governs our ability to retain and manipulate distinct pieces of information over short periods of time.

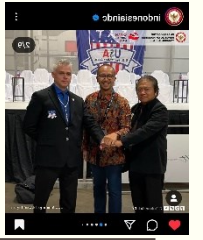
Mental flexibility helps us to sustain or shift attention in response to different demands or to apply different rules in different settings.

Self-control enables us to set priorities and resist impulsive actions or responses.

Children aren't born with these skills—they are born with the potential to develop them.

- However, it is understood that individuals with advanced education, better occupations, and/or better lifestyles tend to be able to maintain their cognitive abilities for longer, due to having higher cognitive reserve (Barulli et al., 2013; Dubois et al., 2016; Kaufman et al., 2016), resulting in increased mental capacity to compensate for negative age-associated changes. (<https://www.ncbi.nlm.nih.gov/>)

UTAMA Certificate 1: Business Fundamentals



Welcome to the UTAMA Business Fundamentals Program, where we understand the profound impact of executive function on individual and societal success. Our program is designed to empower children 8 years and older with the essential skills of working memory, mental flexibility, and self-control, laying the foundation for a lifetime of learning, positive behavior, and responsible decision-making.

- **Working Memory Enhancement:**

In the UTAMA program, we focus on sharpening working memory—the cognitive skill that allows individuals to hold and manipulate information in their minds. Imagine a child effortlessly recalling and utilizing information from various subjects, setting the stage for effective problem-solving and critical thinking. By engaging in activities that challenge and expand working memory, our participants develop a mental toolkit ready to tackle any challenge they encounter.

- **Mental Flexibility Training:**

The ability to adapt to new situations and think creatively is a cornerstone of success in today's dynamic world. Utama's approach to mental flexibility training encourages children to embrace change and view challenges as opportunities for growth. Through interactive exercises and real-world simulations, we nurture a mindset that not only welcomes change but thrives in it. As a result, our participants become agile thinkers, well-prepared for the ever-evolving landscape of business and beyond.

- **Self-Control Mastery:**

The importance of self-control cannot be overstated. UTAMA recognizes the critical role self-control plays in shaping positive behavior and fostering responsible decision-making. Our program instills the discipline needed to resist immediate impulses, promoting a focus on long-term goals. By mastering self-control, participants are better equipped to navigate challenges, build strong interpersonal relationships, and contribute positively to their communities.

UTAMA Certificate 1: Business Fundamentals

- **Interconnected Skill Development:**

At UTAMA, we understand that executive function skills do not exist in isolation. Our program emphasizes the interconnectedness of working memory, mental flexibility, and self-control. Through carefully crafted activities and exercises, participants learn to seamlessly integrate these skills, enhancing their overall executive function capabilities. This integrated approach ensures that the benefits of our program extend beyond individual components, creating a holistic and powerful skill set.

- **Lifelong Impact:**

The UTAMA Business Fundamentals Program is not just about preparing children for immediate success; it's about equipping them with tools that will serve them throughout their lives. The skills acquired in our program empower individuals to thrive academically, professionally, and personally. As they grow into responsible and capable adults, the positive ripple effect extends to families, communities, and society at large.

Join UTAMA on this transformative journey, where we believe that investing in the development of executive function skills is an investment in a brighter and more successful future for all.



UTAMA Certificate 2: Philanthropy



- The Executive Function Benefits Philanthropy Fundamentals Program offered by UTAMA is a comprehensive initiative that goes beyond traditional philanthropy by focusing on the development of executive function skills in children ages 6 and older. Executive function skills, such as cognitive flexibility, working memory, and self-control, play a crucial role in shaping an individual's ability to navigate challenges and make informed decisions throughout life. The program recognizes that when children have the opportunity to cultivate these skills, it results in lifelong benefits for both individuals and society.
- One significant aspect of the program is its emphasis on volunteering as a means to foster executive function development. Volunteering is showcased as a pathway for children to learn new skills and, in turn, experience numerous physical and mental rewards. The benefits range from stress reduction to improved immune system function, contributing to the overall well-being of volunteers. Moreover, the program highlights the economic impact of volunteering, emphasizing that it provides valuable community services and helps allocate resources more efficiently, ultimately leading to local improvements.
- The program acknowledges that volunteering is not only altruistic but also a reciprocal process that benefits the volunteers themselves. Volunteers gain professional experience and have the opportunity to test out potential careers, fostering personal growth and self-esteem. Additionally, volunteering brings people together, promoting camaraderie, teamwork, and a sense of community. This interconnectedness is crucial in understanding and addressing the diverse needs of the community, fostering empathy, and building self-efficacy.

UTAMA Certificate 2: Philanthropy



- UTAMA's program goes beyond the immediate benefits of volunteering by underlining its role in strengthening communities. Volunteers contribute to supporting families, improving schools, assisting youth, and beautifying the community through various initiatives. Furthermore, the program emphasizes the educational aspect of volunteering, with volunteers gaining insights into themselves, government operations, and local community resources. By instilling a sense of civic responsibility, the program encourages individuals to invest in their communities, reinforcing the idea that every person can make a difference.
- In conclusion, the Executive Function Benefits Philanthropy Fundamentals Program offered by UTAMA is a holistic approach that recognizes the intertwined relationship between executive function development, volunteering, and community strengthening. By providing children with opportunities to engage in meaningful volunteer work, the program aims to shape well-rounded individuals who not only contribute to societal well-being but also experience personal growth, enhanced social skills, and a sense of purpose. Ultimately, the program envisions a community where individuals actively participate in philanthropy, creating a positive impact on themselves and the society they serve.



UTAMA Certificate 3: Everyday Problem Solving

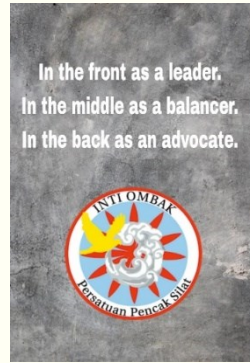


- The Executive Function of Everyday Problem-Solving Fundamentals program offered by UTAMA is a comprehensive initiative designed to cultivate essential cognitive skills in children ages 4 and older, providing them with a strong foundation for effective problem-solving throughout their lives. Executive functions encompass a range of mental processes, including the ability to manage time, regulate emotions, and make decisions. By focusing on these fundamentals from an early age, UTAMA aims to equip children with the tools they need to navigate the complexities of life successfully.
- One key aspect of the program is its emphasis on staying cool under pressure. Children learn how to manage stress and approach challenges with a calm and composed mindset. This skill not only contributes to their personal well-being but also enhances their ability to make sound decisions in high-pressure situations. Additionally, the program promotes flexibility, teaching children to adapt to changing circumstances and think creatively when faced with obstacles.
- Communication skills are another integral component of the program. Participants learn effective ways to express themselves and collaborate with others, fostering strong interpersonal relationships. The emphasis on networking goes beyond social connections, instilling in children the importance of building a supportive community that can contribute to their personal and professional growth.
- Financial fitness is a crucial aspect of the program, providing children with the knowledge and skills to make informed financial decisions. This not only benefits them individually but also contributes to the economic well-being of society as a whole. Self-care is promoted as a fundamental principle, teaching children the importance of maintaining their physical and mental health.
- The program encourages a lifelong commitment to learning by instilling a curiosity and openness to new experiences. Participants are empowered to become advocates for positive change in their communities, contributing to the betterment of society. Finally, the incorporation of laughter into the program highlights the importance of maintaining a positive and optimistic outlook, promoting mental well-being and resilience in the face of life's challenges. Overall, the Executive Function of Everyday Problem-Solving Fundamentals program by UTAMA strives to shape well-rounded individuals who not only excel in problem-solving but also contribute positively to the broader societal landscape.

UTAMA Certificate 4: Stress and Anger Management



- UTAMA's Executive Function of Anger and Stress Management program for children ages 6 and up, is designed to cultivate and enhance higher-level cognitive skills essential for controlling and coordinating various cognitive abilities and behaviors. The program recognizes that executive function is crucial for effective anger and stress management, as it involves processes such as decision-making, problem-solving, and impulse control.
- A fundamental aspect of the program is the differentiation between emotions and feelings. Participants learn to identify and articulate their emotions accurately, distinguishing between the initial emotional response and the subsequent feelings that may arise. This self-awareness forms the foundation for effective emotion regulation.
- Moreover, the program emphasizes the importance of decoding and recognizing triggers before making emotional-based decisions. Children are equipped with tools to analyze and understand the factors that provoke their emotional responses, enabling them to respond thoughtfully rather than react impulsively. Stress logs are introduced as a practical tool to help children track and manage their stressors, fostering a proactive approach to stress management.
- Communication skills are a key component, enabling children to express their emotions and needs effectively. The program provides a supportive environment for the development of healthy communication patterns, enhancing interpersonal relationships and reducing potential sources of stress.
- In addition to cognitive and emotional tools, the program incorporates developmental tools tailored to each child's specific needs. These tools aim to promote overall cognitive growth and executive function improvement, contributing to long-term emotional well-being.
- Breathing techniques are integrated into the program to teach children effective ways to manage stress physiologically. By incorporating mindful breathing exercises, participants gain practical skills to regulate their emotional responses, promoting a sense of calm and resilience in the face of challenging situations. Overall, UTAMA's Executive Function of Anger and Stress Management program offers a comprehensive approach to empower children with the skills needed for emotional intelligence and stress resilience.



Dear Supporter,

We are reaching out to you with a heartfelt request to consider contributing to one or all of the UTAMA 16-Hour Certificate Programs where costs exceed \$1200.00 dollars per person per course. UTAMA 501c3 non-profit, is dedicated to empowering individuals through education and fostering athletic excellence. Your generous donation will directly impact the lives of participants by providing access to high-quality certificate programs that enhance their skills and knowledge, opening doors to new opportunities. Additionally, your support will enable aspiring athletes to pursue their dreams by sponsoring their training, competitions, and other vital needs. In return for your generosity, we offer exclusive benefits from UTAMA programs, including recognition, updates on program impact, and the satisfaction of being a crucial part of positive change. Your contribution will not only support individuals in their personal and professional journeys but also contribute to the overall well-being of our community. Join us in making a difference and help us empower individuals to achieve their full potential. Thank you for considering the menu on the following page and taking opportunity to join us in this impactful opportunity to invest in education and athletic excellence.

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YES! I would like to contribute to the UTAMA executive function programs and help develop the youth of our community today.

ITS EASY TO DONATE:

Located at: NCMA, Weld County, Colorado, USA

115 S US85, Ault, 80610

Email: utama.int@gmail.com

Phone: 970-518-8904

Or

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United Teachers Association for Martial Arts



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