



What is ExQ?

An exclusive, research-informed system designed to enhance the brain's executive function through game-based personalized training

WATCH NOW

**Because There is
Executive**



Executive Function refers to a collective set of skills that bridge the gap between what you know and what you DO with what you know.

**Executive
Function:
Our Brain's
CEO**

**ExQ:
Learning to
Learn**

**Executive Function:
Our Brain's CEO**

Strong **Executive Function** skills help us develop consistent learning and work habits, reduce distractibility, control impulses, and take actions that benefit our present and future self.



**ExQ:
Learning to Learn**



Executive Function: Our Brain's CEO

Mastery of **Executive Function** leads to greater success in our performance, our relationships, and most importantly, our personal growth by fostering increased confidence and self-control.



ExQ: Learning to Learn

ExQ is a **game-based tool** designed to systematically train fundamental cognitive skills related to focus, mindset, planning, organization, goal management, impulse control, emotional regulation, and self-awareness.

Executive Function: Our Brain's CEO

Executive Function is vital for building skill-building of self-management, resilience, and self-optimization, yet we are rarely explicitly taught these skills.





Learning to Learn

ExQ helps you improve the way you think, teaching you **mental tricks and shortcuts** to optimize your learning so you become aware of how you can grow into the best version of yourself, at home, at work, at school, and in the world.

Executive Function: Our Brain's CEO

We are not taught to learn how to learn, but with direct training we can improve our **Executive Function** skills.



ExQ: Learning to Learn

Through intentional practice, ExQ helps learners **bridge the gap between strengths and challenges**, learning how to accept help so that you can help yourself.



Take a short quiz to learn
about YOUR Executive
Function!

LEARNER QUIZ



Take a short quiz to learn
about
Executive Function in
YOUR CLASSROOM

TEACHER QUIZ

HOW ExQ Works?

An exclusive, research-
informed
system designed to
enhance the
brain's executive function
through

ExQ:

- ✦ Patented
- ✦ Research
Informed
- ✦ Game-ba
- ✦ Personal
Training



**ExQ powers your potential for
school,
for college, for work, and for life.**

Choose your quest here:





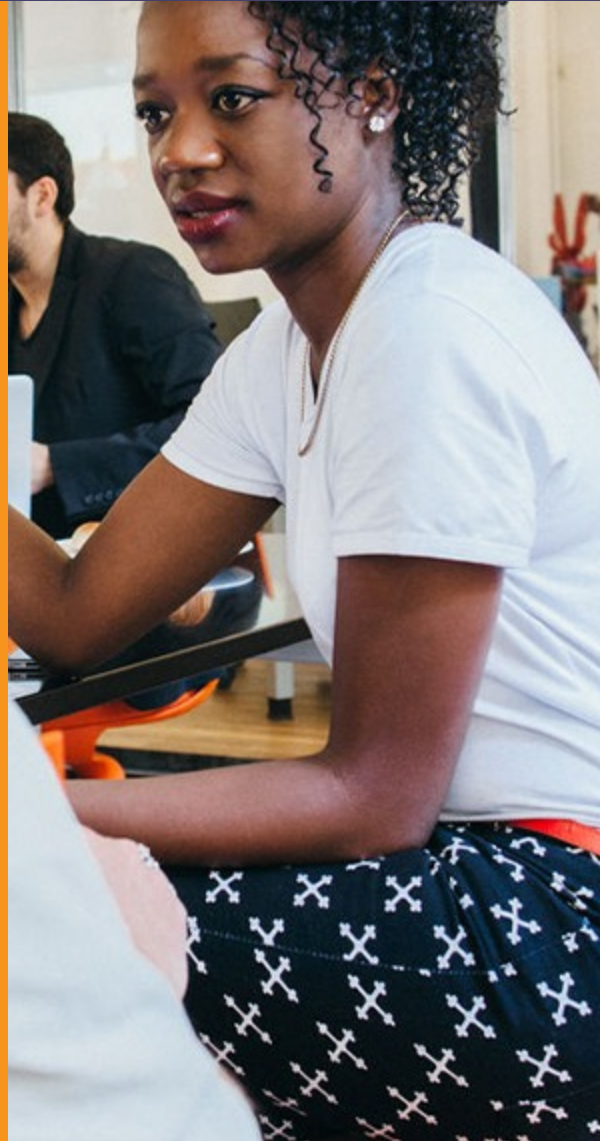
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