



Bridging Ability to Independence

SFF Conversations: Start, Stay, Shift Lab

*A Start, Focus,
Finish Executive
Function Series*





Center for Learning & Development

is a learning development and transition support center for senior high school, college-age, and emerging adult learners who need structure in building consistency, confidence, independence, and real-world readiness.

We support learners who may struggle with executive function, task initiation, pacing, organization, focus, follow-through, communication, self-management, academic routines, or transition demands. This may include neurodivergent learners, learners with ADHD, autism, dyslexia, executive functioning challenges, learning differences, or students who need clearer systems and guided routines.

Why Join?

SFF Conversations: Start, Stay, Shift Lab gives learners a structured starting point for practicing communication, peer interaction, and social participation in real-life settings.

As part of Bridgewell's Start, Focus, Finish series, the lab helps learners build confidence in entering conversations, staying engaged, adjusting when needed, and participating with greater readiness over time.

**Book a
Consultation**



SFF Conversations Start, Stay, Shift Executive Function Lab

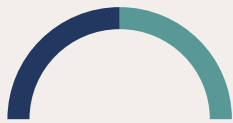
About the Program

SFF Conversations: Start, Stay, Shift Lab is a guided communication and social participation lab in Bridgewell's Start, Focus, Finish series.

It is especially designed for neurodivergent teens, senior high school learners, college-age learners, and emerging adults, as well as learners with learning differences, executive functioning challenges, communication differences, social participation needs, or readiness support needs.

Some learners have strong interests, ideas, and abilities, but may need support applying communication skills in everyday situations — such as joining a conversation, waiting for their turn, staying with a shared topic, asking questions, managing pauses, shifting topics, repairing misunderstandings, or ending an interaction appropriately.

Through Bridgewell's structured, age-respectful, and neurodiversity-affirming approach, learners practice communication awareness, flexibility, and readiness for real-life participation.



Who This Is For

SFF Conversations may be a good fit for learners who find conversations easier when there is structure, guidance, and time to practice.

This may include learners who need support with joining or starting conversations, waiting and listening, taking turns, staying with a shared topic, managing pauses or uncertainty, shifting topics with support, repairing communication when stuck, ending conversations respectfully, or participating with peers in a guided setting.

Participation is based on learner readiness, schedule availability, and group fit.



Session Flow

Session 1: Start - Entering Conversations

Learners practice beginning an interaction, asking to join, introducing themselves, and using simple entry phrases with support.

Session 2: Stay - Listening, Waiting, and Responding

Learners practice turn-taking, waiting, asking questions, sharing information, and staying with a shared conversation.

Session 3: Shift - Topic Flexibility and Repair

Learners practice noticing when a topic may need to change, using flexible responses, and repairing communication when they feel unsure or stuck.

Session 4: Finish - Guided Social Block Practice

Learners apply what they practiced through structured conversation stations, guided peer interaction, and reflection.

Final learner output:
My Communication Toolkit + Practice Plan

Class Schedule & Venue

Program:

SFF Conversations: Start, Stay, Shift Lab

Dates:

Saturdays, Sundays

August 29, 30, 2026

September 5, 6 2026

Time:

1:00 PM–4:00 PM

Venue:

**Enderun Coworking, 2F South Wing, Estancia Mall,
Pasig City 1605**

THE BRIDGEWELL APPROACH

Structured, strengths-based, and neurodiversity-affirming

- **Strengths-based**

Builds from the learner's interests, abilities, and readiness.

- **Neurodiversity-affirming**

Supports communication growth without forcing masking.

- **Executive function-informed**

Practices starting, staying, shifting, regulating, and finishing interactions.

- **Metacognitive**

Helps learners notice what works and what to try next.

- **UDL-informed and scaffolded**

Uses visuals, prompts, routines, modeling, and guided practice.

- **Real-life oriented**

Builds strategies for school, home, community, and future work-readiness settings.

Evidence-informed practice

Bridgewell is evidence-informed in both design and practice. Our facilitators observe learner participation, document class activities, review what supports are effective, and design sessions based on learner readiness, family input, and professional reflection.

From time to time, Bridgewell may share de-identified learning insights, practice notes, or educational resources that parents, educators, and support teams can learn from. Learner names, diagnoses, photos, videos, schools, or identifying details will not be published without prior written consent.



Enrollment Steps

- Download the brochure to review the program details.
- Book a consultation so we can understand your learner's needs and goals.
- Complete the fit check / readiness screening to determine whether the pilot class is an appropriate starting point.
- Confirm participation through registration and payment.
- Wait for the welcome email with further instructions.

Limited Slots

SFF Conversations: Start, Stay, Shift Lab is offered in a small-group format so learners can practice communication, peer interaction, and social participation with structure, guidance, and care. Slots are limited to help keep the environment responsive, supportive, and appropriate for each learner's readiness.

Important Note

Bridgewell provides educational, developmental, and transition support. The Start, Focus, Finish Lab is not a substitute for clinical therapy, medical treatment, psychological services, or formal diagnosis. Where needed, Bridgewell may recommend coordination with the learner's existing school, therapist, psychologist, doctor, or other support professionals.

Contact Us

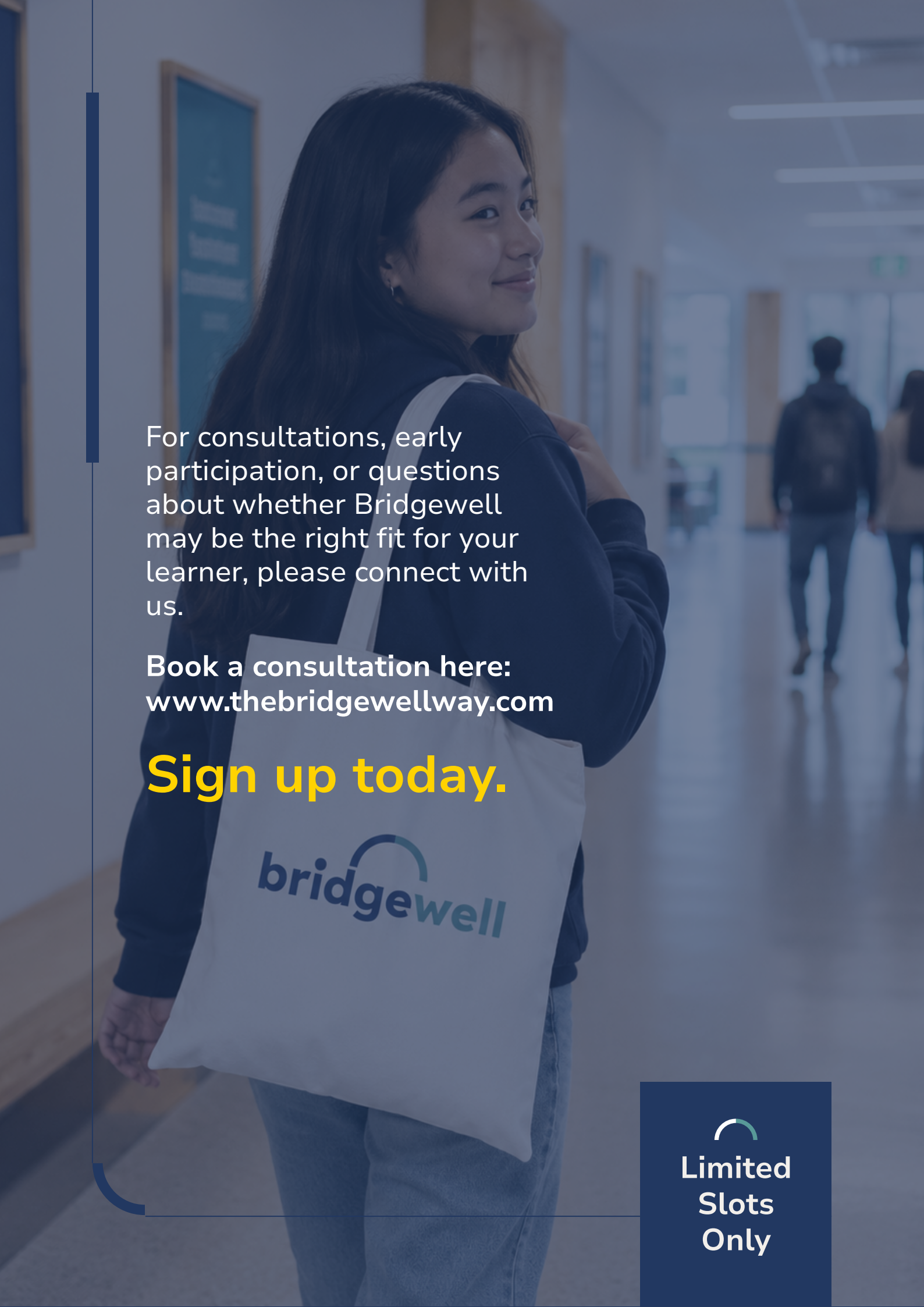
For consultations, early participation, or questions about whether Bridgewell may be the right fit for your learner, please connect with us.

Website: www.thebridgewellway.com

Email: info@thebridgewellway.com

Program: SFF Conversations: Start, Stay, Shift

Venue: Enderun Coworking, 2F Estancia Mall, Pasig City



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Sign up today.


bridgewell



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Only