



Bridging
Ability to
Independence

Join the
Pilot Class





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.

Our first pilot program, **Start, Focus, Finish: Executive Function Lab**, gives learners a structured starting point for building practical systems they can use in school, at home, and in daily life.

**Book a
Consultation**



Where Capability Has Room to Emerge

Many learners have ability, interests, and potential. What they may need is the structure to translate that potential into more consistent performance and independence.

For some learners, the challenge is not intelligence or effort. It may be starting tasks, sustaining focus, managing energy, organizing work, following through, communicating needs, or applying support strategies outside of school, tutoring, or therapy sessions.

Bridgewell helps learners build the systems behind independence. Through structured learning support, guided routines, academic support, repeated practice, and parent collaboration, we help learners strengthen executive function, academic independence, self-management, social participation, and real-world readiness.

We are especially designed with neurodivergent learners in mind, while also supporting learners who benefit from calm, structured, and responsive learning environments.

Start, Focus, Finish Executive Function Lab

Bridgewell is preparing its first pilot class and is now gathering interested families.

Start, Focus, Finish is Bridgewell's first pilot program under its executive function and academic independence pathway. The 5-day lab gives learners a structured starting point for building practical systems they can use for schoolwork, personal projects, responsibilities, and daily routines.

This pilot gives families an early opportunity to experience Bridgewell's structured environment, guided routines, and support model as we prepare to open fuller learning pathways.





What Learners Will Work Toward

By the end of the five-day lab, each learner will work toward building a simple personal operating system that may include:

- A task map for breaking down schoolwork, projects, or responsibilities
- A start routine for beginning tasks with less resistance
- A focus routine for sustaining attention and managing distractions
- A reset plan for moments of overwhelm, fatigue, or loss of momentum
- A weekly rhythm for organizing priorities and responsibilities
- A 7-day action plan they can apply after the lab



Who This Program Is For

Start, Focus, Finish may be a good fit for learners who:

- Have difficulty starting tasks even when they understand what needs to be done
- Struggle with focus, pacing, organization, or follow-through
- Feel overwhelmed by schoolwork, personal projects, or daily responsibilities
- Need clearer routines, visual systems, and guided practice
- Benefit from calm, structured, and responsive learning environments
- Are senior high school, college-age, or emerging adult learners building greater independence

Program Investment

Program Fee: PHP 22,000

This includes five guided executive function lab sessions, structured learning activities, learner tools, and a simple personal operating system that each learner can continue using after the program.

Pilot Class Details

Program:

Start, Focus, Finish: Executive Function Lab

Dates:

July 25-26 (Saturday-Sunday)

August 1-2 (Saturday-Sunday)

August 8 (Saturday)

Time:

1:00 PM–4:00 PM

Venue:

Enderun Coworking, 2F Estancia Mall, Pasig City



Learning Plan

Day	Topics	Learning Outcomes	Evidence
1	Know My Pattern Theme: “Where do I get stuck?”	Students identify their executive function strengths, blockers, and support needs.	• Personal EF Profile • Stuck Map
2	Break Down My Task Theme: “How do I make the task startable?”	Students break down one real task into clear, manageable, and startable steps.	Task Breakdown Map
3	Plan My Time and Energy Theme: “How do I make the plan realistic?”	Students plan around time, energy, task difficulty, and actual schedules.	Energy-Based Weekly Plan
4	Focus and Restart Theme: “What do I do when I lose momentum?”	Students practice focus strategies and build a restart routine for when the plan breaks.	Focus Routine Restart Plan
5	Run and Present My System Theme: “Can I use this independently?”	Students assemble, explain, and present their personal system for planning, focus, and follow-through.	7-Day Personal Operating System Systems Builder Badge Presentation



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.
- Prepare for the lab by identifying schoolwork, personal projects, pending tasks, or routines the learner may bring into the sessions.

Limited Pilot Slots

Start, Focus, Finish is Bridgewell's first pilot class and will be offered in a small-group format. Slots are limited to help maintain a structured, responsive, and supportive learning environment.

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

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is now gathering interested families for its **first pilot class**.

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