



## Sucheta Kamath

### Curriculum Vitae

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#### Education & Training

- Mindfulness Meditation Teacher Training Certification 2021-2023  
Offered by The Awareness Training Institute and the Greater Good Science Center at the University of California at Berkeley Virtual
- TEAM Therapy Level 1 Certification December 2020  
The Feeling Good Institute Virtual
- Board Certification in Neurogenic Communication Disorders (BC-NCD) November 1999  
Academy of Neurogenic Communication Disorders Rochester, MN
- Master of Arts in Speech-Language Pathology March 1993  
Ohio University Athens, OH
- Master of Arts in Linguistics June 1991  
University of Bombay Bombay, India
- Bachelor of Science in Audiology and Speech Therapy June 1986  
University of Bombay Bombay, India

#### Honors & Awards

- 2019 GSHA President's Gavel Award - given by the Georgia Speech-Language-Hearing Association during the annual conference in 2019 in recognition of outstanding service to GSHA.
- Award of Clinical Excellence (ACE) – granted by American Speech & Hearing Association (ASHA) in 2019, 2016, 2013, 2002, 2000, 1999, 1997 and 1996. It is a formal recognition of professionals who have demonstrated their commitment to lifelong learning by earning 7.0 ASHA continuing education units (CEUs), the equivalent of 70 contact hours, within a 36-month period.
- Hardin Community Partner Award – given by Georgia Works! in 2018. This award is presented to individuals for believing in and supporting the Georgia Works! mission to end chronic homelessness through speech and communication therapy.



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- Guest of Honor and Speaker at the Vibha Annual Conference – granted by the Vibha organization in 2017 for distinguished and invaluable contributions during the Annual Conference in Atlanta.
- Professional Achievement Award – given by the Georgia Speech-Language-Hearing Association (GSHA) in 2016. This award recognizes outstanding professional contributions in the areas of speech, language, and/or hearing disorders, and innovative program design or therapeutic methods for individuals with speech, language, and/or hearing disorders
- Stephanie Macaluso Expertise in Clinical Practice Award – granted by the Massachusetts General Hospital affiliated with Harvard Medical School (January of 2000). This award is presented in honor of practice that is innovative, caring, guided by knowledge, built on inquiry, and based on a foundation of leadership and entrepreneurial teamwork.
- Partners in Excellence Award – granted by the Massachusetts General Hospital affiliated with Harvard Medical School (December of 1999) for leadership and innovation. This award is presented annually to individuals and teams throughout the Partners HealthCare System for their exemplary performance and strong contribution to Partners.
- Award of Fluency Disorders Specialist – granted upon completion of the “Workshop for Specialist” sponsored by the Northwestern University and the Stuttering Foundation of America (July of 1997)

## Entrepreneurship

ExQ®

2018 – Present

Founder/CEO

Atlanta, GA

- Founder and CEO of ExQ®, an fully digital-educational curriculum designed to train self-awareness, task analysis and teach learning how to learn to middle and high school students. By developing Executive Function skills in children and adolescents, this tool hopes to promote self-optimization and strategic thinking.
  - Learning management software that translates learning into the development of optimal proficiency and self-efficacy
  - Game-based training to develop cognitive, social, and learning habits
  - Virtual coaching and error analysis training to help build self-awareness
  - Feedback about performance accuracy, self-awareness, and strategy generation
  - Builds tools and habits that will carry into the user’s real-world experiences

## Podcast Host

Full PreFrontal®: Expositing the Mysteries of Executive Function

2017 –Present

- Explores the challenges and complexities of organizing one’s life

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- Features weekly conversation with researchers, neuroscientists, educators, learning experts, and thought leaders who have expertise in cognitive/educational/social psychology, anthropology, learning and education, psychiatry, neurology, behavioral economics, special education, etc.
- Designed for an audience that includes educators, parents, speech-language pathologist, psychologists, occupational therapists, and the general public who is interested in personal growth and self-development
- Provides listeners with succinct takeaways for immediate applicability
- Over 100 episodes created and over 300,000 downloads

## Clinical Experience

Cerebral Matters, Private Practice

January 2001 – present

Cognitive Rehabilitation/Executive Function Specialist

Atlanta, GA

Speech-Language Pathologist

- Clinical Assessment and Interventions
  - Administered diagnostic procedures to children, adolescents, and adults with cognitive and Executive Dysfunction, linguistic dysfunction, and reading and writing deficits resulting from varying diagnoses including Traumatic Brain Injury (due to motor vehicle accidents, falls, etc.), tumors, aneurysms, cardio-vascular accidents (CVAs), seizure disorders, ADHD (Attention Deficit Hyperactive Disorder), NVLD (Non-Verbal Language Disability), and LLD (Language Based Learning disability)
  - Provided weekly interventions to help develop cognitive-linguistic competence, social-emotional development, and Executive Function skills in the context of academic, personal, and job-related skills
  - Offered life-skills training to develop adaptive competence to apply in contexts outside the clinical setting, such as the classroom, home, and daily life
- Specialized Group Programs
  - Developed and have been successfully running several 10-day as well as 10-week long group training programs for the past 12 years addressing challenges in the areas of cognitive, linguistic, social, and Executive Function skills.
    - List of Programs
      - Working Memory Training
      - Social Cognition Training (SCT)
      - Executive Study Strategies (ESS)
      - Back to School (BTS)
      - Academic Mastery Program
      - Auditory Processing Training
      - Abstraction and Critical Thinking Training

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- Written Language Fundamentals
- Fundamentals of Lateral Thinking - Thinking beyond the obvious
- STEPS-Academic & Professional Reentry Training for patients with MTBI (Mild Traumatic Brain Injury)
  - Training levels
    - Level 1 - Elementary School children
    - Level 2 - Middle School children
    - Level 3 - High School children
    - Level 4 – College School children
  - Group size 6-8 students/members
- Consultation:
  - Worked as a consultant with several private and public schools in Greater Atlanta area and educated the teaching staff as well as the students about Executive Dysfunction
  - Consulted with various local public and private school to provide strategies to the teachers and discuss accommodations for their students to improve performance and academic success
  - Directed various team meetings and IEP meetings to discuss diagnosis and intervention for students who are currently receiving cognitive remediation
- Parent Training Workshops
  - Conducted quarterly workshops titled “Parenting a Disorganized Child” to discuss nature of executive dysfunction in children with ADHD and provide home management strategies
- In-services
  - Provided an ongoing in-service to professional staff and community members in hospitals, schools and community centers regarding management of cognitive impairments as a result of mild brain injury and managing executive dysfunction in children with ADHD

Massachusetts General Hospital & Private Practice  
Cognitive Rehabilitation Specialist  
Speech-Language Pathologist

Feb. 1994 – July 2001  
Boston, MA

- Developed the “Steps to Success,” an intense comprehensive seven-week outpatient cognitive rehabilitation program for adults and adolescents with Mild Brain Injury with academic, professional, or vocational goals
- Directed “Brainwaves,” a monthly educational, social, and therapeutic support group meeting for the “Steps to Success” patient graduates and their families/friends
- Administered diagnostic procedures and treatment to adolescents and adults with higher level of cognitive/linguistic, reading and writing deficits resulting from varying diagnoses of brain injury such as MVA, fall, tumors, aneurysms, right/left CVA, seizure disorders, etc.
- Developed original creative material for treatment of students and adult patients with

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cognitive impairments leading to functional deficits

- Provide ongoing in-services to hospital professional staff and community members regarding management of cognitive impairments as a result of mild brain injury
- Developed clinical/educational Neuro-Rounds (bi-monthly) by collaborating with Psychiatry and Neurology Departments
- Frequently invited as a speaker at the Aneurysm Support Group Meeting and Tumor Support Group Meeting about attention, memory, and Executive Functions problems
- Administered diagnostic procedures and treatment to adolescents and adults with attention deficits and non-verbal learning disability
- Administered diagnostic procedures and treatment to transgender or transgendered adults with voice disorders
- Supervised students and clinical fellows during their clinical placement at the hospital
- Served as member of the hospital clinical committee on Ethics Education through collaborative governance at the MGH hospital
- With the help of patients, started a quarterly Brainwaves Newsletter to provide continuation of education and resources to patients with mild brain injury

## Curriculum & Professional Development

“Organize Your Brain at School” (ORYBAS™) Training Program

September 2007 – May 2010

- Developed a pioneering Teacher Training Program called “Organize Your Brain at School” (ORYBAS™) that offers Curriculum Based Strategies to Enhance Executive Functions/Management Skills in School Aged Children
  - Offered 10 PLUs (professional learning Units recognized by State of Georgia) or 100 hours of training
  - Intense first year implementation followed by two years of adaptive refinement to support generalization
  - Five major components: 1. Lectures for Professional Development 2. Guided creation of ORYBAS™ lesson plans, 3. Classroom observations and written and video feedback 4. Didactic group discussion 5. Student training
  - Supervised implementation of special support for students with poor Executive Function skills

Observations of Executive Function Skills in School Aged Children

- Developed an Executive Function inventory called “Observations of Executive Function Skills in School Aged Children” to assess Executive Function skills relevant for academic purposes
  - Specialized inventory for teachers to track student behaviors and provide feedback on Executive Function competence

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- Restructured Student Report Cards in order to address observable classroom behaviors and self-regulatory challenges during execution of tests/quizzes or papers and projects
- Gathered preliminary data and refined the rating protocol

## Leadership

- Founder and Weekly Volunteer of GSHA Gives!, a free communication training program aimed at teaching job re-entry skills for men who are previously homeless. Have provided 100 hours of free therapy since October 2017 2017- present
- Member of Leadership Atlanta Class of 2015: Selected among 400 elite applicants to receive Metro Atlanta's signature nine-month, executive-level leadership development series. Through retreats, full-day seminars, service projects, discussion groups and community tours, members explore critical community issues, examined themselves as leaders, and built relationships of trust and mutual understanding 2015-2016
- Founding Member of Georgia Speech-Language Hearing Foundation, a 501(c)(3) established in 2016 for the purpose of promoting and developing philanthropic, scientific, and educational initiatives to improve the quality of life for individuals who experience speech, language, swallowing, or hearing impairments, as well as the clinicians and teachers those who serve them. 2016-present
- TEDx Speaker at an independently organized TEDx Peachtree event, giving a presentation titled "Tune Up Your Mental GPS" November 2012
- President of the Georgia Speech-Language Hearing Association 2017-2018
- Chair of the International Issues Board of the American Speech-Language Hearing Association (ASHA) 2021

## Leadership Training & Professional Coaching

ExQ Leadership Institute 2015 – Present  
Founder/Leader/Coach Atlanta, GA

- Workplace Success: Building powerful communication, robust relationships and stronger teams March-May 2018  
This is workplace training is designed to help employees to develop insights into the factors that shape workplace satisfaction and interpersonal and intra-personal communication. It provides a concrete framework and usable tools to empower employees.



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- “NeuroLeadership: Applying neuroscience to a self-directed leadership” April 1, 2017  
Atlanta, GA  
This Keynote speech was given to address volunteer Training for Vibha (a US-based, non-profit organization that ensures health, education and economic opportunities for underprivileged children in India)
- Learning Leaders of Tomorrow December 2016  
San Ramon, CA  
This youth development workshop highlights key neuroscience findings regarding how the brain activates high-level cognitive process in order to facilitate strategic thinking, social reasoning, and creative problem-solving to reach the apex of learning leadership.
- Self-Optimal Leadership & Vertical Development August 2016  
Delivered leadership seminar for incoming professionals of Leadership Atlanta - Class of 2016-17 centered around relationship between inward professional growth, effective communication, and expands their circle of influence. help them identify and use proven strategies, tactics, and techniques to communicate clearly, leave a lasting impression and maximize potential.
- Work-Flow Optimization June 2015  
Professional development workshop

## Professional Presentations (Past 5 Years)

- Presented at an edLeader Panel on “Making the Case for Teaching Executive Function in Secondary Education: The Value and Importance of Executive Function Curricula” January 12, 2021  
Virtual Event
- Presented at the 2020 Georgia School Board Association (GSBA) / Georgia School Superintendents Association (GSSA) Annual Conference on “Making the Case for Teaching Executive Function in Secondary Education” December 3, 2020  
Virtual Event
- Presented at the New Mexico Speech-Language Hearing Association Annual Convention on “Reshaping the Lizard Brain into a Wizard Brain” October 23, 2020  
Virtual Event
- Presented at the 35<sup>th</sup> Annual ResearchILD Learning Disabilities Conference on “Executive Function: The Foundation for Stress-free Classroom and Remote Learning” October 9, 2020  
Virtual Event



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- Presented at EdCuration's: Committing to Antiracist Curriculum & Instruction on "Critical Thinking, Mental Flexibility & Empathy 4 Antiracism". October 1, 2020  
Virtual Event
- Presented at the Georgia State University's Project NURTURE's Research Symposium on "Learning How to Learn: Strategically Shifting Teaching from Content to Process". July 17, 2020  
Atlanta, GA
- Presented at the Georgia Speech-Language Hearing Association Annual Convention on "Championing for the misunderstood child: Metacognitive and emotional regulation strategies for school-aged children". February 14, 2020  
Atlanta, GA
- Presented at the Georgia Speech-Language Hearing Association Annual Convention on "No Longer Marginalized: GSHA's Work-Entry Communication and Executive Function Training Program". February 13, 2020  
Atlanta, GA
- Presented at the Leadership Atlanta One Big Idea Event on "No More Self-Blindness: Tap into the patterns of thinking, emotion, and action to harness your strengths and reshape your weaknesses.". February 4, 2020  
Atlanta, GA
- Presented at the Georgia Association for Positive Behavior Support Conference on "Encouraging Infinite Know How for all Learners!". December 7, 2019  
Atlanta, GA
- Presented at the American Speech-Language-Hearing Association Annual Convention on "Inbound Marketing: Building Your Practice and Leadership through Content Expertise, Innovative Programming and Compelling Entrepreneurial Story" November 23, 2019  
Orlando, FL
- Presented at the American Speech-Language-Hearing Association Annual Convention on "Beyond the Cycle of Homelessness: An Innovative Work-Entry Communication & Executive Function Training Program" November 22, 2019  
Orlando, FL
- Presented at the American Speech-Language-Hearing Association Annual Convention on "The Thermometer vs. Thermostat: Powerful therapeutic strategies to manage executive dysfunction and emotional dysregulation in school-aged children" November 21, 2019  
Orlando, FL
- Presented at the American Speech-Language-Hearing Association Annual Convention on "The Thermometer vs. Thermostat: Powerful therapeutic strategies to manage executive dysfunction and emotional dysregulation in school-aged children" November 21, 2019  
Orlando, FL
- Presented at the Annual International Conference on ADHD on "Remedy for the Self-Blind: Managing ADHD and Impairments in Self-awareness by Deploying Metacognitive Strategies" November 7, 2019  
Philadelphia, PA





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- Presented at the 8<sup>th</sup> Annual Dr. George “Russ” Deavours Lecture on “Leading with the Frontal Lobe: Building Executive Function and Higher Order Thinking in clients with neurological impairments” October 13, 2019  
Valdosta, GA
- Presented at the ReasearchILD Learning Disabilities Conference on “Building resilience in children with language learning disability through mental flexibility and perspective taking strategies” March 22, 2019  
Boston, MA
- Presented at the International Dyslexia Association – Georgia Branch Annual Conference One Day Symposium on “Mitigating working Memory Problems in Children with Dyslexia” March 16, 2019  
Atlanta, GA
- Keynote speaker at the C.J. Davidson Memorial Lecture Series: Advances in Literacy at The Scottish Rite Learning Center of West Texas on “Demystifying Executive Function, Self-Regulation, and Organization” February 22, 2019  
Lubbock, TX
- Presented at the Georgia Speech-Language Hearing Association Annual Convention Pre-Conference on “Working Memory Puzzle: Demystifying the Brain's Etch-a-Sketch”. February 15, 2019  
Athens, GA
- Presented at the Montana Speech-Language-Hearing Association Annual Convention on “Cognitive and Executive Function development and training for all kinds of brains: Closing the gap between theoretical framework and practical application” October 19, 2018  
Helena, MT
- Presented at the International Dyslexia Association – Indiana Branch Solution Saturday One Day Symposium on “Executive Function Skills: Learning and Teaching” October 6, 2018  
Indianapolis, IN
- Presented at the International Dyslexia Association – Georgia Branch Annual Conference One Day Symposium on “Training Executive Functions to Create Self-Aware and Strategy-Centered Students” November 8, 2017  
Atlanta, GA
- Presented at the Georgia Speech-Language Hearing Association Annual Convention Pre-Conference on “Cognitive Development and Cognitive Training for All Kinds of Brains: Closing the Gap Between Theoretical Knowledge and Practical Application”. February 16, 2017  
Athens, GA
- Presented at the International Dyslexia Speaker Showcase on “Classroom Problem Solving: Executive Functioning for Classroom Success” October 8, 2016  
Seattle, WA
- Presented at the iGAPS Workshop on “Managing Executive Function Disorder Through Self-Regulation” April 29, 2016  
Kansas City, KS
- Presented at the International Dyslexia Association – Georgia Branch Annual Conference on “Study Skills, Technology, and School Survival” February 20, 2016  
Atlanta, GA
- Presented at the International Dyslexia Association – Dallas, TX Branch Annual Conference on the “Neuroscience of Executive Dysfunctions” February 4, 2016  
Dallas, TX

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## Parent Presentations (Past 5 Years)

- Presented at the Atlanta Neighborhood Charter School Planning Retreat on "Social-Emotional Learning" February 25, 2020  
Atlanta, GA
- Presented at the Tucker High School Executive Function Skills Workshop on "Building EF Skills for Struggling Students" January 14, 2020  
Tucker, GA
- Presented at the Westminster Schools on "From Super-connected to Super-Prepared: Applying Executive Function Strategies to Everyday Preparedness For Highly wired kids" October 16, 2018  
Atlanta, GA
- Presented at the Westminster Schools on "Hit the Pause Button: Practical Neuroscience for Everyday Executive Functioning" March 23, 2018  
Atlanta, GA
- Presented at Heard's Ferry Elementary school on "Raising Organized Kids" January 24, 2018  
Atlanta, GA
- Presented at the Davis Academy on "Road to Excellence: Building Strong Executive Functions" October 18, 2017  
Atlanta, GA
- Presented at the Vibha College Readiness Outreach Program as an expert panelist July 29, 2017  
Atlanta, GA
- Presented at the Woodward Academy on "Road to Excellence: Understanding the Relationship between Motivation, Learning, and Executive Functions" April 13, 2017  
Atlanta, GA
- Presented at Morris Brandon Elementary School on "Organized, Motivated, and Self-Sufficient Child" January 23, 2017  
Atlanta, GA
- Presented at Morris Brandon Elementary School on "Road to Excellence" March 31, 2016  
Atlanta, GA

## Leadership Presentations (Past 5 Years)

- Active host and facilitator of Leadership Atlanta Class of 2015 twice monthly race and equity discussions and spearheading city-wide solutions 2020 – present  
Atlanta, GA
- Hosted and facilitated Leadership Atlanta Panel on "A Mind Shift: From Racist to Anti-Racist" August 25, 2020  
Atlanta, GA
- Spoke on the Healing Through Community Partnerships: Interfaith Panel on "Integrating Spirituality & Psychotherapy" July 7, 2017  
Atlanta, GA

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## Teaching Experience

- Taught a class as a guest lecturer to undergraduate students at the Georgia State University on "Comprehensive Management of Pediatric Traumatic Brain Injury" 2008-Present  
Atlanta, GA
- Taught one class as a guest lecturer to undergraduate students at the Georgia State University on "Rehabilitation of patients with Mild Traumatic Brain Injury" 2003-2005  
Atlanta, GA
- Taught a graduate class as a guest lecturer at the Boston University on "Rehabilitation of Mild Cognitive Impairments" for the Masters students in Communication Disorders April 2000  
Boston, MA

## Board Member

- Chair of the International Issues Board of the American Speech-Language Hearing Association (ASHA) 2019 - present
- Co-Founder and Treasurer of Georgia Speech-Language-Hearing Foundation, Inc. 2016 - present
- Executive Committee member of Georgia Speech-Language-Hearing Association 2014 - present
- Brain Aneurysm Foundation – Member of the Medical Advisory Board 2013 - present

## Publications

- "Forget the Mistakes, Remember the Lessons: Designing Executive Function curriculum to sharpen self-reflection by intentionally revisiting errors, misunderstandings, and faux pas" ASCD Whitepaper April 16, 2020  
([https://exqinfiniteknowhow.com/wp-content/uploads/2020/01/ASCD\\_Whitepaper\\_Jan20V3.pdf](https://exqinfiniteknowhow.com/wp-content/uploads/2020/01/ASCD_Whitepaper_Jan20V3.pdf))
- "Teaching SEL: Powering up students with social & emotional know-how" EducationDive Article March 27, 2020  
(<https://www.educationdive.com/spons/teaching-sel-powering-up-students-with-social-emotional-know-how/574578/>)

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"Cultivating self-awareness to move learning forward" EducationDive Article  
(<https://www.educationdive.com/spons/cultivating-self-awareness-to-move-learning-forward/565498/>) October 22, 2019
- "Creating an Arc of Change" EducationDive Article  
(<https://www.educationdive.com/spons/creating-an-arc-of-change/563293/>) September 25, 2019
- "The most prepared student: 5 ways to promote intentional self-discovery in learning" EducationDive Article  
(<https://www.educationdive.com/spons/the-most-prepared-student-5-ways-to-promote-intentional-self-discovery-in/556745/>) June 18, 2019
- "5-Keys to Unlock Executive Dysfunction in ADHD"  
(<http://impactadhd.com/featured-expert/5-keys-to-unlock-executive-dysfunction-in-adhd-kids/>) February 25, 2013
- Impaired Cognition & Cognitive Rehabilitation: Attaining Functional Change Using Process Based Training 2009

## Affiliations

- Member of American Speech and Hearing Association (ASHA)
- Member of ASHA's Special Interest Division for Neurogenic Communication Disorders-Since 2012
- Member of the Academy of Neurogenic Communication Disorders and Sciences (ANCDS)-Since 1997
- Member of European Association of Research on Learning and Instruction (EARLI)
- Member of Society of Personality and Social Psychology (SPSP)
- Member of International Mind, Brain and Education Society (IMBES)

## Licensure

- Certificate of Clinical Competence American Speech-Language Hearing Association (ASHA)
- Certificate from the Board of Academy of Neurogenic Communication Disorders: (BC-ANCDS)
- Georgia State SLP Licensure

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