

Building Life-Long Strategies

Presented by Mary Ann Thompson, ACC Certified Professional Coach

Are you an adult with ADHD or suspect you have ADHD?

Building Life-Long Strategies is a six-part workshop that effectively helps adults gain the skills and strategies needed through an educational-based program. (This program prompted a research study that was published in the Journal of Attention Deficits (Kubik, 3/10) with significant results.)

Agenda

(Each session is 2 hours)

Session One

Adult Areas of Concern: Outcomes of Living with ADHD, Treating ADHD and Using a *Planning-Journal

Session Two

Communications - Procrastination - Perception - Strategy of Planning

Session Three

Distractions - Poor Planning - Coping Skills - Family Interactions - Blame, Excuses, Defensive

Session Four

Workplace Issues - Educational Goals - Managing Short-term Projects

Session Five

Organizational Skills - Managing the Paper Nightmare - Long -Term Projects

Session Six

Assertiveness and Perception - Self-Empowerment - Taking Control

Workshop I Dates: October 14, 21, 28 November 4, 11, 18 **(Please register by October 7)**

or

Workshop II Dates in 2011: January 13, 20, 27, February 3, 10, 17 **(Please register by January 6)**

Time : 6:00 - 8:00 p.m.

Location : TBD

Workshop Fee : \$250 - Group size is limited to 6. *Register early to secure your place.*
(Fee includes a planner and all workshop materials.)

*****Contact Mary Ann if you would like to take this course one-on-one, rather than in a group.*****

Contact Information: *Mary Ann Thompson, ACC - Certified and Professional Coach

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Registration: Please call Mary Ann at 607.786.3654 for more information and/or to register and arrange payment.

*Trained and authorized to teach "Building Life-Long Strategies", designed by Joyce Kubik, ADHD Coach & Author, President of Bridge To Success Skills Training, LLC, Avon Lake, Ohio.

** ©Plan For Success is a planning-journal designed and published by Joyce Kubik. It is the primary tool of this workshop, and is included in the workshop fee. I understand that using a planner does not come naturally to those of us with ADHD; however, this workshop helps you learn how the structure of planning helps manage ADHD - internally and externally - instead of ADHD managing you.