

Building Life-Long Strategies

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

Building Life-Long Strategies is a six-part workshop that effectively helps adults regain 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.)

This six part workshop can be done in small groups or one-one-one. Here is the agenda:

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 - B.E.D.

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

Follow-up Session - Moving Forward

This session meets approximately 4 weeks after Session Six

* ©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.

Workshop Dates : September 16, 23, 30, October 7, 14, 21 - Follow-up November 18

Time : 1:00 - 3:00 p.m.

Location : TBD

Workshop Fee : \$250 - Group size is limited to 8. Register early to secure your place.

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
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Registration: Payment accepted by check made payable to Achieve.
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*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.