



Mary Ann Thompson, ACC

PROFESSIONAL LIFE & SMALL BUSINESS COACH

Specializing in ADHD Coaching for Adults and College Students

Follow the Path to your Goals

Strategies for Success in College

A Teleclass for College Students with ADHD

Wednesday - September 15, 22 & 29 - 2:00 - 4:00 p.m. EST

This class will help you to learn to manage your AD/HD so it doesn't manage you.

Class size is limited to six - Register early to secure your place.

Learn how you process information, and the strategies that work best for you. Develop structures that will get you to school on time, complete an assignment without rushing, and watch your self-esteem and communication skills improve. Learn and understand how ADHD affects your life and what you can do about it.

The *primary* structure used in this workshop is Plan For Success, a three-month planning-journal that was designed and published by Joyce Kubik (www.bridgetosuccess.net).

While planners may not have been easy for you to adapt to in the past, you will find this experience quite rewarding. It is the most valuable tool that an individual with ADHD needs.

This three-month planning-journal and all course resources are included in the registration fee.

Course Outline

- Session 1 – Adult Areas of Concern, Outcomes of living with ADHD and Treatments
- Session 2 – Communications – Procrastination, Perception, Strategy of Planning
- Session 3 – Distractions or Poor planning?, Coping skills, Family interactions – B.E.D.

FEE: \$98.00

Please make check payable to: Achieve

Mail to: Achieve, P.O. Box 5618, Endicott, New York 13760 - 5618

*Payment by Visa or Master Charge will be accepted. Visit www.AchieveAGoal.com and make payment through secure connection with PayPal or call **Mary Ann @ 607.786.3654** to arrange payment.*

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