

CADDAC Adult ADHD Group Coaching Program Outline

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Name & Topic	Executive Functions Management: Understanding Your ADHD Profile	ADHD Strengths: Shifting Your Mindset and Fostering Resilience	Habits: Building the Foundation of ADHD Success	Emotional Regulation: Reducing the Impact of Intense Emotions	Planning & Time Management: Setting Your Intentions	Productivity: Overcoming Procrastination
Learner Outcomes For Each Week	The first session is an introduction to the program structure. At the end of this week participants will be able to: 1. List the six executive functions from Brown's model. 2. Identify executive function strengths and weaknesses. 3. Create a customized framework for managing their own ADHD. 4. Implement new strategies to strengthen executive functions.	At the end of this week participants will be able to: 1. Distinguish between a fixed and growth mindset. 2. Identify what factors contribute to the ADHD Downward Spiral. 3. Identify their top five character strengths. 4. Develop a negative self-talk action plan. 5. Apply strategies to build momentum towards success.	At the end of this week participants will be able to: 1. Recall the difference between new behaviors, habits and routines. 2. Explain how habits are developed. 3. Identify opportunities for creating habits and routines to their day. 4. Develop their own routines. 5. Discover how to maintain positive lasting change.	At the end of this week participants will be able to: 1. Discover the connection between ADHD, executive functions and intense emotions. 2. Use the Emotional SOS framework. 3. Determine personal body and behaviour "tells" when emotionally flooded. 4. Identify everyday stressors that contribute to emotional flooding. 5. Develop a personalized strategy	At the end of this week participants will be able to: 1. Differentiate between a brain dump, a to-do list and an action plan. 2. Increase personal reliability. 3. Reduce anxiety around forgetting tasks and appointments. 4. Apply proven ADHD-friendly planning and time management strategies. 5. Implement a structure to their day and week.	At the end of this week participants will be able to: 1. Differentiate if a situation is a procrastination or an activation problem. 2. Identify the root cause of their procrastination. 3. Select strategies to address different types of procrastination.

				toolkit for before, during and after emotional flooding.	6. Understand how to break a project into smaller tasks.	
Learning Concepts Covered in Weekly Content & Exercises	1. Brown's Executive Function framework 2. Elements of a multimodal approach to ADHD management 3. How to create a customized ADHD Management Wheel.	1. The Fixed Mindset and how negative self-talk often leads to self-sabotaging behaviour. 2. An introduction to how having a Growth Mindset supports reframing negative self-talk. 3. An introduction to VIA Character Strengths basics and the benefits of knowing and using. 4. Strategies to apply the Growth Mindset basics, personal Character Strengths and how to adjust negative self-talk.	1. The difference between behaviors, habits and routines. 2. Why routines are important and why we have to take baby steps. 3. An introduction to the key concepts around habit building and maintaining motivation for habits, E.g., habit stacking, 4 Golden Rules, the Right Difficult 4. Key concepts for implementing routines and habits.	1. The connection between intense emotions and executive function skills. 2. Key elements of emotional flooding and how to deal with intense emotions in the moment. 3. Starter tools to re-centre from emotional flooding (eg. noticing body cues and the emotional capacity cup exercise). 4. The faces of ADHD case studies ,which demonstrate how to apply key concepts.	1. Guiding principles for planning: (e.g. record everything in one location, planner selection, brain dump vs. to-do, project breakdown). 2. Future planning and setting intentions beyond the day. 3. Starter tools (e.g. Pomodoro technique, FocusMate & apps). 4. Setting up your planner in 5 steps. 5. How to use a Brain Dump, time block & break down projects into sub-tasks.	1. Differentiate between activation and procrastination problems. 2. How to determine the reasons for different types of procrastination. 3. Identification of strategies for dealing with specific procrastination problems: a) Brain is missing something (e.g. clarity, skill or information gap). b) Emotions (e.g. perfectionism, overwhelm, guilt and shame).