



WHAT IS ADHD COACHING?

A COLLABORATIVE, goal-oriented process that integrates life coaching, skills coaching, and education to assist individuals with ADHD in developing the self-awareness, strategies, and skills necessary to fulfill their potential while navigating the realities of living with ADHD.

A RELATIVELY, new intervention that has proven to be an effective treatment for adults and adolescents struggling with ADHD.

IT HAS SHOWN to improve social behaviors, grades, executive functioning, attention, self-esteem, and improve the overall quality of life for individuals living with ADHD.

HOW IS CADDAC HELPING?

CADDAC would like to remove the barriers to ADHD treatment by implementing a **6-week Adolescent and Adult Group ADHD Coaching Program (AAGCP)** for people living with ADHD with the goal of teaching individual's practical life skills to improve their quality of life.

Program areas of focus include:

- Understanding the ADHD brain
- Letting go of the shame
- Changing the self-talk (building self-esteem)
- Managing your emotions/emotional regulation
- Managing relationships
- How to improve executive functioning skills

Target date: September 2021

Support our AAGCP with a donation today.

For additional details, contact us at:

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