

BUILDING LIFE-LONG STRATEGIES

Many adults are learning for the first time that they have ADHD. They often live a life of confusion, feeling overwhelmed, and struggle to complete the simplest tasks each day with little or no satisfaction.

This 6 week workshop, taught by an adult with ADHD, promises to teach you something you don't already know. It focus on the 3 stages of coaching and is a prerequisite to one-on-one coaching. The stages are:

Self-awareness—Developing a much deeper understanding of the role that ADHD plays in your life and learning to recognize your cognitive, behavioral and emotional cues.

Structure—Learning to use an ADHD friendly planner. Developing structures to get you to places on time. Learning to complete a task without procrastination and to successfully manage your time.

Empowerment—Accomplishing goals with confidence. Self-esteem improves as you take charge of dally challenges. Your perception of yourself changes and you experience personal success.

This program prompted a research study “Efficacy of ADHD Coaching for Adults with ADHD”, that was published in the Journal of Attention Deficits (Kubik 3/10) with significant results. The results indicate that ADHD coaching significantly impacts all dimensions studied, particularly cognition and behavior. The study is hosted at: <http://online.sagepub.com>.

“It is never too late to be what you might have been.”
George Eliot

What Challenges to Adults with ADHD Face?

Challenges adults face may include: hyperactivity, impulsivity, and inattention, as well as the belief that they can't reach their goals because they have ADHD. ADHD adults may struggle with:

- Distractions
- Procrastination
- Time management
- Poor planning
- Disorganization
- Paper nightmares
- Poor family interactions
- Emotional outbursts
- Losing things
- Unfinished projects
- School or job success
- Self-perception

What are the benefits of the Skills Class?

You'll learn about:

- YOUR ADHD through a 22 trait assessment.
- Planner skills that lead to sound time management.
- Your primary learning style that leads to leveraging strengths.
- ADHD specific models that lead to self-awareness.
- Sensory strategies that lead to living in your comfort zone.

- Managing distractions through learning to press the “pause” button and get back on track.
- Community through joining other adults with ADHD.
- Becoming your own advocate through excellent resources that connect you to the ADHD community.
- Completing projects through mind mapping and planner skills.
- Life skills that lead to work, home, and life success.

Why sign up for the Building Life-Long Strategies Skills Class?

- “Because it is never too late to be who you were meant to be!
- “Because ADHD is not an intelligence deficit but a performance deficit!”
- “Because ADHD is not an excuse but is an explanation!”
- “Because you've worked hard, now it's time to work smart!”



Register for a class in Fort Wayne, Indiana.

Dates for the next workshops are on-line at www.addjoyoflife.com or CALL: (260) 415-3412.

Curriculum

Session One

22 Trait ADHD Assessment
Dealing with Distractions “Cherry Pies”
Treatment Modalities

Session Two

The Morning Routine
Executive Function
Procrastination
Blame, Excuses, and Defensiveness

Session Three

Daily Check List
Positive Self-Talk
Managing Stress
Anxiety Roadblocks

Session Four

Short-Term Project
Learning Style Assessment
Sensory Strategies
Work Places Issues/Disclosure

Session Five

Psychology of Organizing
Long-Term Project
Organizing Personalities
ADHD Friendly Organizing

Session Six

Managing the “Paper Nightmare”
The “Tickler” File
What is Coaching?
Coaching Demonstration

Follow-Up Session: Moving Forward

Celebration-Discussion

Cheryl Gigler, BME, CCC

COACHING

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Cheryl Gigler is a certified educator, certified CHADD educator, and certified ADHD life coach. She founded ADD Joy of Life Coaching, LLC, following an ADHD diagnosis. ADD Joy of Life Coaching, LLC, is a strength based company dedicated to empowering young people and adults with ADHD, bringing hope through education, resources and community.

As an ADHD coach, Cheryl works with clients one on one, supporting them in creating a daily customized plan for success.

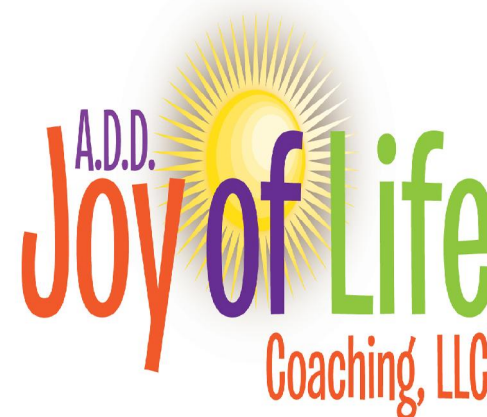
Cheryl teaches a seven week skills class for adults with ADHD called, “Success with ADHD: Building Lifelong Strategies”, based on the research study, “The Efficacy of Coaching Adults with ADHD”. Cheryl was a research assistant for this study.

As a CHADD (Children and Adults with ADHD Advocacy Organization) educator, Cheryl leads the outstanding seven week Parent2Parent course, held at Parkview Regional Medical Center this year.

Cheryl started and facilitates *The Allen County CHADD Satellite Support Group*, a monthly adult ADHD support group at the Parkview Healthy Living Center.

In addition, Cheryl is a contributing author to the ADHD awareness book series: *More Ways to Experience Success with ADHD*, and *Inspirational Stories of Success with ADHD*, both on the Amazon best seller list.

Cheryl is on the Board of the Fellowship of Christian Counselors, and is a community based provider for Choices, Inc. of Indiana.



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Success

With ADHD Skills Class

*7-Week Interactive
Course*

For Adults with ADHD

