

“Success With AD/HD”

Building Life-Long Strategies

*An interactive course including 14 hours of instruction,
a specially designed work-book, check-ins with the instructor,
and an AD/HD friendly planner.*

Presented by AD/HD Skills Trainer and Coach Cheryl Gigler, CCC

Session One

AD/HD Friendly Planner—KORS Rating Scale, Distractions—“Cherry Pies”
Treatment Modalities—Resources

Session Two

The Morning Routine—Check-Ins with Coach—Dopamine
Executive Function—Memory—Blame, Excuses, & Defensiveness—Procrastination

Session Three

Daily Check List—Positive Self-Talk—Stress Relievers—Anxiety Roadblocks

Session Four

Short-Term Project—Perception—Learning Styles—Sensory Strategies
Workplace Issues—Disclosure

Session Five

Long-Term Project—Left/Right Brain Organizing

Session Six

Tickler File—The Paper Nightmare—The 4 “S’s” of AD/HD Coaching

Follow-Up Session: Moving Forward

Celebration—“ADD and Loving It?” Documentary

©“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.

Registration Information

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