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LEARNING OBJECTIVES

Participants will learn:

- what is ADD/ADHD?
- what are Executive Functions (EF)?
- what is ADHD Coaching?
- ADHD coaching for Teen

What's ADHD?

ADHD is a disorder of the brain characterized by an ongoing pattern of inattention, and/or hyperactivity-impulsivity that interferes with functioning or development.

It is normal for people to have some inattention, unfocused motor activity and impulsivity, but for people with ADHD, these behaviors:

- **are more severe**
- **Occur more often**
- **Interfere with or reduce the quality of how they function socially, at school or at work.**

What other areas of the brain ADHD Affects?

Executive Functions

What are Executive Functions?

EF are a set of mental skills that help the brain organize and act on information. These skills enable people to plan, organize, remember things, prioritize, pay attention and get started on tasks.

It also helps people use information and experiences from the past to solve current problems.

What Skills are affect?

- Impulse Control
- Emotional Control
 - Flexibility
- Working Memory
 - Self-monitoring
- Planning and prioritizing
 - Task Initiation
 - Organization

Treatment Options:

- Medication
- Psychotherapy
- Behavioral Therapy
- Cognitive Behavior Therapy
 - Family Therapy
 - Coaching
- Education & Training
- Parenting Skills Training
 - Stress Management
 - Mindfulness
 - Support Groups

What's ADHD Coaching?

ADHD coaching is an ongoing partnership that helps the client learn how to live more effectively. The goal is to provide support, identify client's strengths to create strategies, and tools that will help them achieve their goal

Benefits of Coaching

- Bridge the gap between childhood and adulthood
- Support and guide the teen getting ready for their future at their own pace
- Support for the teen to create his own plan and set goals in a supportive, structure and encouraging environment
- Teen are encourage to create balance to insure a well-rounded, healthy, and happy life.

Readiness for Coaching

- Teen interest for creating change
- Teen interest for creating a partnership with the coach
 - Teen understand what coaching is, and is not?
- Is there any medical or mental health challenges that might impede the coaching process?
 - In need of coaching or tutoring, counseling?

Parents: Are you ready?

- Are you ready to take two steps back?
- Willing to be patient with the coaching process?
- Trust your teen to work independently with the coach?
 - Able to afford the coaching sessions?
 - Clear that your teen wants to be coach?

Initial Coaching Meeting & Coaching Process

- Intake – parent, teen and coach meeting for 1-2 hours
- Coach gather information, once every one is agree on the services family chooses the coaching plan, day and time of weekly coaching sessions, in-person, phone or on-line
 - Coaching Plan: 30 or 45 minutes weekly session

Daily accountability

The Right Coach

- Training (certifications, life coach training)
 - ADHD Training
 - Executive Functions knowledge
 - Years of Experience

Resources

www.adhdcoaches.org

www.chadd.org

www.adda.org

www.jstcoaching.com

References

www.nimh.nih.gov

www.chadd.org

CHADD Attention Magazine

Article by Jodi Sleeper-Tripplert

“Is Coaching Right for Your Teen?”

article December 2013

Article by Dulce Torres

“What’s in a Parent’s ADHD Tool Box?”

December 2013