Coaching Teens & College Students with ADHD
Three Day Intensive Training
ICF and CCE-Global Approved CCEUs

INCLUDED WITH TRAINING
Soft copy of full course manual and appendix
20 CCEUs for attendance plus 10 CCEUs for self-study
Coaching demonstrations and coaching practice time each day

DAY ONE
• Course rules and introductions
• Value of coaching teens and college students
• Ethics
• ADHD Coaching and Life Coaching - Differences and Similarities
• ICF Core Competencies
• Pre-Screening clients and their families
• Coaching Practice

DAY TWO
• Initial intake session
• Who is the client?
• Accountability and boundaries – designing a partnership with the client and parents
• Creating awareness - educating families on ADHD and related issues
• Coaching support, structure, skills and strategies for young clients with AD/HD
• Coaching Practice

DAY THREE
• Motivating teens
  o Goal setting
  o Creating “success contracts”
• College students
  o Goals and accountability
  o Challenges of college environment
  o Health and well-being
• Obstacles to successful coaching
• Coaching Contracts and Release Forms
• Coaching Practice
• Q & A