Coaching Teens & College Students with ADHD

20 Hour Teleclass and 15 hours self-study
35 ACSTH hours for ICF and 30 hours CCE-Global

Practice coaching is included throughout the course.

Lesson 1

- Course Overview
- Introductions
- Coaching Buddies
- Overview of ICF and CCE-Global Core Competencies and Ethics
- VIA Strengths Inventory
- Coaching Demo

Lesson 2

- Understanding the Brain and the Impact of ADHD on Executive Functions and Learning
- What is ADD or ADHD?
- Co-Existing Conditions
- Issues impacting at risk students

Lesson 3

- Executive Functioning
- How Does ADHD Coaching Differ from Life Coaching?
- The value of coaching teens and college students
Lesson 4
- The Prescreening Process
- Determining Coachability
- Developing Rapport
- Accountability and Honesty
- Coaching the Whole Person
- Learning Styles

Lesson 5
- Initial Intake Session
- Self-Management for Coaches

Lesson 6
- The Coaching Relationship
- Who is the Client?
- Setting Boundaries
- Accountability Plan
- Creating Awareness

Lesson 7
- Motivation, Goal Setting and the PCA

Lesson 8
- Intricacies of Coaching College Students
- Obstacles and Challenges to Coaching
- The Coaching Contract

Lesson 9
- Coaching Practice and Case Study Review

Lesson 10
- Core Competency Review
- Course Wrap-Up