



## **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