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## **COACHING TEENS AND COLLEGE STUDENTS WITH ADHD**

### **Course Outline**

40 ICF Approved ACSTH hours

Each lesson includes case examples and tools to help coaches work effectively with clients with ADHD/EF challenges. Coaching practice is included.

<b>LESSON 1</b>	INTRODUCTIONS COACHING DEMONSTRATIONS AND CLASS DISCUSSION
<b>LESSON 2</b>	ICF CORE COMPETENCIES (UPDATED MODEL 2019) ICF PROFESSIONAL ETHICS (UPDATED 2019)
<b>LESSON 3</b>	DIVERSITY, EQUITY, INCLUSION & BELONGING IN COACHING
<b>LESSON 4</b>	STRENGTHS BASED COACHING MINDSET ICF CORE COMPETENCY (4) CULTIVATES TRUST AND SAFETY
<b>LESSON 5</b>	PRESCREENING & DISCOVERY SESSION
<b>LESSON 6</b>	ICF CORE COMPETENCY (3) ESTABLISHES AND MAINTAINS AGREEMENTS
<b>LESSON 7</b>	ICF CORE COMPETENCY (6) LISTENS ACTIVELY ICF CORE COMPETENCY (7) EVOKES AWARENESS
<b>LESSON 8</b>	ADHD & EXECUTIVE FUNCTIONS/IMPACT ON COACHING
<b>LESSON 9</b>	ICF CORE COMPETENCY (8) FACILITATES CLIENT GROWTH
<b>LESSON 10</b>	MOTIVATION GOAL SETTING PERSONAL COACHING AGREEMENTS (PCA)
<b>LESSON 11</b>	STUDENT COACHING ISSUES AND STRATEGIES FOR SUCCESS
<b>LESSON 12</b>	Q & A SESSION ON COACHING, ADHD AND EF ISSUES COURSE WRAP-UP