

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.

- ICF CORE COMPETENCIES
- CCE BCC COMPETENCIES
- PROFESSIONAL ETHICS
- DEFINING COACHING – ADHD/EF COACHING
- PRESCREENING & DISCOVERY SESSION
- STRENGTHS-BASED COACHING
- EXECUTIVE FUNCTIONS, ADHD AND RELATED CHALLENGES
- ESTABLISHING THE COACHING AGREEMENT WITH YOUNGER CLIENT
- MINDSET
- ESTABLISHING TRUST & INTIMACY IN THE COACHING RELATIONSHIP
- POWERFUL QUESTIONING
- DIRECT COMMUNICATION
- MOTIVATION
- GOAL SETTING
- PERSONAL COACHING AGREEMENT
- COACHING RELATIONSHIP
- ESTABLISHING THE COACHING AGREEMENT
- SELF-MANAGEMENT SKILLS FOR COACHES AND CLIENTS
- MINDFULNESS EXERCISES
- COURSE WRAP-UP