

Coaching Teens & College Students with ADHD

20-hour distance learning course with 15 hours of self-study focused on ADHD, EF and The Model for ADHD Coaching. Each lesson includes case examples and tools to help coaches work effectively with ADHD, EF and LD clients. 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