



The ADHD Advocate Family Coaching Programme

The ADHD Advocate Family Coaching Programme has been designed to educate and support parents so that they can better manage and harness their children's ADHD, promote their children's emotional wellbeing, and enable them to fulfil their unique, and often great, potential.

They say it takes a village to raise a child with ADHD. Reflecting this approach, The ADHD Advocate supports your family through its Family Coaching Programme which is a combination of coaching, parent training, and community support comprised of:

- a) Kids Coaching
- b) Parent Coaching
- c) Parent Training
- d) Sibling Coaching
- e) TAA Parent Circle
- f) ADHD Unlocked Membership

The ADHD Advocate Family Coaching Programme Outcomes

From completing the programme, Parents and their children with ADHD can expect to:

- i. gain a better understanding of ADHD and how it manifests at home and at school;
- ii. explore ADHD challenges, the impact of these traits on behaviours and performance at home and at school as well as their relationships;
- iii. discover sources of "authentic interest" to keep children "fueled";
- iv. discover their signature strengths, talents and dominant processing styles and explore how these can be used to help manage ADHD challenges, promote strengths and achieve goals;
- v. revisit and document success stories to increase self-confidence;
- vi. learn to set and maintain boundaries and communicate these in an effective way;
- vii. learn to set and achieve S.M.A.R.T (ie Specific, Measurable, Achievable, Realistic and Time-Bound) goals to improve self-confidence and performance;
- viii. set and follow their agendas that they create through the development of a "Model Week";
- ix. identify and address sources of overwhelm, procrastination and conflict, increase clarity around roles and responsibilities at home, and get on top of tasks to promote a more harmonious home environment;
- x. use planners and other aids to prioritise tasks and promote better time management;
- xi. strengthen Executive Function and task management skills;
- xii. modify their environment to encourage more positive behaviours and healthy habits;
- xiii. create structure through routines to keep on task and on time; and
- xiv. most importantly: *tell a new, more positive story about themselves - one of hope, joy and empowerment, thriving because of their ADHD, not in spite of it.*

Outline of The ADHD Advocate Family Coaching Programme

**All sessions are conducted via phone or videoconference (in person sessions may be possible).
Session notes capturing key strategies and focus goals are also made available after each session.*

A. Kids Coaching Programme (1:1 tailored support)

Many children do not understand what it means to have ADHD. They associate having ADHD as something bad given the diagnosis is usually accompanied by difficulties at school or at home. They also feel something must be wrong with them as they have likely been through a myriad of assessments. Many have low self-esteem and feel embarrassed.

The ADHD Advocate offers a kids' programme specifically designed to develop the child's strengths, explore the gifts of ADHD, and identify where the child needs support, led by an ADHD Kids Coach.

- 12 x 30 minute individual Coaching Sessions
- 2 x 60 minute consultations with Parents at the beginning and end of the Programme
- Kids Welcome Box delivered to your door
- Kids ADHD Workbook with activities and exercises

B. Parent Coaching Programme (1:1 tailored support)

It is important that Parents are not only able to look at their children through an ADHD lens, but that they can manage their emotions and effectively respond to their children's more challenging behaviours. This is crucial if parents happen to have ADHD themselves, as they will already be struggling with their own emotional regulation and executive function challenges.

ADHD Coaching provides Parents a safe space to process what is going on for them at the time and put into place structures and strategies to overcome their challenges. *We help you put on your oxygen mask first!*

- 12 x 60 minute individual ADHD Coaching sessions
- 1 x 90 minute Consultation. This is designed to help you examine an area of particular personal challenge for you and may include Diet and Nutrition, Body Image, EHCPs etc
- Supplemental coaching exercises as determined by the Parents and Parent Coach

C. Parent Training (5 week group training programme)

In Coaching, Parents set the agenda, bringing the specific issues they want clarity and resolution on. Training is different. The agenda is set by our specialist ADHD Parent Coaches and is designed to help parents look through an ADHD lens to interpret and effectively respond to their child.

We cover what Parents need to know and do in order to support their children with ADHD and effect the positive change they want to see in the home.

- 5 x 90 minute Small Group Parent Training Sessions delivered by an ADHD Parent Coach
- Topics covered:
 - ADHD Assessment, Education and Collaborative Problem Solving
 - Improving Communication and Co-operation (plus managing meltdowns)
 - Setting up Routines and encouraging Expected Behaviours

- Strategies for Success in the Classroom and Beyond
- Understanding your children's rights to support under the SEND Legal Framework
- Opportunities to practise learned strategies at home between sessions

D. Sibling Coaching Session (1 x 60 mins)

It is not only parents that struggle with the more challenging behaviours of their child's ADHD. Siblings are often also adversely impacted by symptoms which can include hyperactivity, impulsivity and inattention. They can often feel neglected, embarrassed, or angry. Without an ADHD lens it is not surprising that siblings can feel resentful of their ADHD siblings.

In this session, siblings will better understand, interpret and respond to the more challenging ADHD behaviours of their brother or sister with ADHD.

E. TAA Parent Circle (ongoing parent support/community)

The [TAA Parent Circle](#) and [ADHD Unlocked](#) are the perfect supplements to 1:1 ADHD Coaching. They not only educate parents about ADHD, but they provide a support network at their fingertips, increase accountability, and keep parents focused and motivated. We offer:

- "Second Cup" meetings hosted by a Parent Coach on the last Friday of every month
- Safe space for Parents to share their experiences and strategies
- Opportunities to ask our Parent Coach for parenting advice

F. ADHD Unlocked (6 month membership to adult ADHD support/community)

ADHD Unlocked is an online community that provides education, implementation and community support for adults with ADHD by exploring topics such as health and wellness, relationships, executive function skills, the workplace etc. Additionally, we offer:

- Live Webinars on Mondays on an aspect of ADHD (e.g how to communicate your ADHD to friends and family, ADHD in relationships and the workplace, systems etc)
- Procrastination Buster "Smash It" sessions on Tuesdays
- Member Meet Ups on Wednesdays
- Topic Email Summaries and access to all recordings and content (can be viewed or listened to as a podcast).

Although we recommend that parents of children with ADHD enroll in the full programme as outlined above, the offerings can also be purchased separately. For details, please see separate pricing list "The ADHD Advocate Family Coaching Programme - Packages".

If you need any further information, please contact admin@theadhdadvocate.com