

THE ADHD ADVOCATE

ADHD COACHING PROGRAMME FOR KIDS

www.theadhdadvocate.com



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WELCOME TO THE PROGRAMME

If you're reading this, the chances are you're a parent of a child with ADHD (you may even have ADHD yourself!). If you've been struggling to cope with the challenges and demands of your child's ADHD, there comes a time when something has to change: that is the basis for this programme. If you are eager to help your child with the daily grind of ADHD, then you've clearly come to the right place.

This coaching programme has been designed specifically for children with ADHD aged between 8 and 11.

The goal of this programme is twofold:

- ① First, it's to help your child understand that ADHD isn't a flaw or something to be ashamed of and that with the right knowledge and support, having ADHD can be a source of strength.
- ② Second, to provide your child with the tools and self-awareness to better manage the everyday challenges of ADHD, from impulse control and mood swings to disorganisation and distractability so that they can more confidently navigate school and home life with ADHD.

Our experience of ADHD has taught us that self-esteem is the essence of everything that follows in a child's day to day life. That is why this programme uses a strengths based approach, emphasising the uniqueness of your child.

The first five sessions focus on discovering what makes your child such an amazing person! The remaining sessions will cover areas of your child's executive function including; managing emotions, maintaining focus, organisation, friendships and managing boredom (boredom to these children is like what kryptonite is to Superman).

Each session includes a hands-on activity to hold the child's focus throughout the course of the session. We find this to be an effective way to facilitate the learning process in children with ADHD, as the activity not only stimulates their ADHD brains but it also helps build trust in the coaching relationship. While we've tried to make each activity as accessible as possible, some children may find them easier than others. However, the main purpose of the activities is to help your child explore and understand their ADHD, and for for these lessons to remain with them beyond the programme. It's our mission to help your child grow from this process!

For the child to really benefit from this programme, we strongly recommend that parents spend up to 30 minutes each week supporting their child on the reflective exercises assigned by the coach. We have found that children with ADHD really benefit from the "body double" strategy, and really respond well to encouragement and recognition from their parents. We have tried to reduce the work you have to do as much as possible by providing you with all the materials your children will need at the beginning of the programme.

By enrolling your child on this programme you are making a tremendous difference to the future of your child and your family.

We look forward to being part of this transformational journey.



PROGRAMME FORMAT

This programme is run over a period of 14 consecutive weeks with 45 minute sessions taking place via Zoom. The sessions will cover a range of themes designed to help educate and inspire your child to understand and embrace their ADHD.

The programme includes two separate one-hour consultations exclusively for the parents: one at the start, and the other at the close of the programme.

PROGRAMME OUTLINE

Week 1

Initial Consultation

Prior to the commencement of the sessions with the child, an initial consultation is held with parents to identify the child's strengths and interests, dominant processing styles, main areas of challenge, current provision and the parents' desired coaching outcomes.

Coaching Agreement

Getting acquainted. This includes an introduction of the coaching process and coming to an agreement on how the relationship will work. By the end of the session, your child will be clear on what they will be covering and how they can get the best out of the coaching process.

Week 2

ADHD Strengths

Uncovering your child's unique character strengths and their relevance to ADHD. This session will help your child see the strengths of their ADHD and how they can harness these strengths to keep them interested, motivated and achieving their goals.

Week 3

Authenticity

Tapping into the 'Who' of your child by exploring their interests, virtues and role models. The aspects of your child's life that are paramount to who they are. This will emphasise the importance of not trying to be like someone else.

Week 4

Achievements

Unearthing the buried treasure of your child's past successes. Increasing their confidence by focusing on the wins and reinforcing this as a regular habit.

Week 5

My Emotions

Exploring the role of emotions in your child's day to day life. Learning why people with ADHD are more vulnerable to emotional dysregulation and providing insights into how emotions can be better managed through role play.

Week 6

My Triggers

Identifying your child's personal triggers at home and in the classroom. We will record these and reflect on the situations leading to each triggers; providing your child with the tools to restore a healthy emotional balance in times of distress.

Week 7

Catching Your Thoughts

Helping your child become more aware of their negative self-talk. Encouraging children to catch negative thoughts before they take charge and re-frame. Your child will compile a list of more empowering thoughts to put in their armoury.



PROGRAM OUTLINE - CONTINUED

Week 8 Boredom

Helping your child understand the link between ADHD and boredom (the interest-based nervous system vs the importance-based nervous system). We will discuss the concept of rumination and develop strategies to mitigate against this.

Week 9 Friendship and RSD

Equipping your child with the knowledge and tools to develop and maintain healthy friendships. We will explore what makes a good friend. Discussing previous occasions when your child may have upset a friend and what could have been done differently. This topic will also focus on your child's acute sensitivity to rejection or perceived rejection and how this relates to ADHD.

Week 10 My Needs and Boundaries

Helping your child identify any unmet needs and discussing the importance of setting and communicating boundaries. Highlighting the pressures of 'people pleasing' and the difficulties ADHDers have in saying 'no' to people. We will role play various people pleasing scenarios and develop appropriate responses to help your child maintain healthy boundaries.

Week 11 How I Learn

Identifying your child's dominant processing styles and ideal study environment to stay focused and motivated in order to promote learning. This will follow a strengths-based approach, helping your child apply their character strengths, turning their homework into a more engaging experience.

Week 12 Night Before List

Introducing your child to the importance of planning and preparation in order to better manage ADHD challenges. This two-part section starts by explaining to your child how the entire day is built on the preparation put in place before going to bed. This will involve putting a night-time routine ("ritual") in place to ensure your child has set themselves up for success for the school day.

Week 13 My Morning Ritual

Highlighting the importance of starting the day on the right foot through creating a morning routine ("ritual"). Together we will create a morning schedule and identify the challenges that could get in the way and devise strategies to work around them. As part of your child's routine, we will create a gratitude practice and morning affirmations to set the tone for the day ahead.

Week 14 My Morning Ritual

Helping your child understand the purpose of focusing on the 'why' in our day to day lives. We will discuss the 'inner drive' that fuels the ADHD mind through the good days and the bad. Your child will create their own vision by drawing upon the perfect version of their future selves.

Final Consultation

At the end of the programme, a final consultation with parents is conducted for the purpose of reviewing what the child has learned about themselves and their ADHD. We will share with you the strategies and structures your child has created to help manage their ADHD challenges so that you can encourage their implementation going forward. Your child's very own "operations manual" (in story form) will be provided to them shortly after their programme concludes.



PROGRAMME OUTCOMES

By the end of the programme your child will:

- Understand their ADHD brain wiring and their unique strengths profile.
- Celebrate their authentic traits, values, interests and achievements.
- Identify their emotional triggers and mitigate against them.
- Gain greater awareness of negative self-talk and start re-framing.
- Understand their interest-based nervous system and how to motivate themselves.
- Recognise the qualities that make a 'good' friend and a 'bad' friend.
- Appreciate the importance of setting boundaries and be able to say 'no'.
- Put in place a morning and night-time routine to set themselves up for success.
- Feel more motivated to learn having identified how they learn best.
- Be on their way to living their best life with ADHD.



PROGRAMME OVERVIEW

Programme	ADHD COACHING PROGRAMME FOR KIDS
Price (ex VAT)	£1,990
Age Range	8 - 11 years
Duration	14 weeks
Session Duration	14 x 45 minutes + 2 x 60mins

CONTACT



0203 302 5661



admin@theadhdadvocate.com



London, N10



<https://www.theadhdadvocate.com>

