



THE ADHD
ADVOCATE

A Guide to Our

LEADERSHIP PROGRAMME



www.theadhdadvocate.com



Contents

• • • •

03

Welcome to the Leadership Programme

04

Why join the TAA Leadership Programme now?

06

What will I get out of the TAA Leadership Programme?

07

Programme Elements

09

FAQ's

10

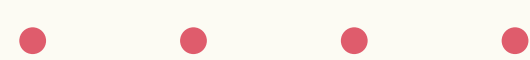
Programme Cost

11

Contact Information

• • • •

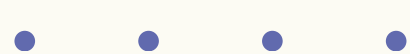
Welcome to The TAA Leadership Programme



*The life goal of ADHDers is
Interdependence,
not Independence...*



Message From
Stephanie Camilleri



Business Leaders and Entrepreneurs with ADHD...

Welcome to the TAA Leadership Programme.

We are delighted to help you harness the strengths
of ADHD to fulfil your leadership potential!

Why join the TAA Leadership Programme?



Unlocking Leadership Potential: Navigating the ADHD Advantage

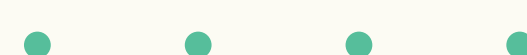
In the dynamic landscape of leadership, the journey for individuals with ADHD can be both exhilarating and uniquely challenging. Imagine a scenario where your passion for innovation collides with the hurdles of communication, delegation, and time management. This is the reality many leaders and managers with ADHD face daily.

Communication in Overdrive: Effective communication is the lifeblood of successful leadership. Yet, for those with ADHD, the struggle to articulate ideas and thoughts in a cohesive manner can be overwhelming. The mind races at the speed of innovation, making it challenging to convey ideas with the clarity and precision required in the fast-paced world of leadership.

Delegation Dilemmas: The art of delegation is a cornerstone of effective leadership, but for individuals with ADHD, striking the right balance can be elusive. Challenges in prioritization and organization often lead to a reluctance to delegate, creating a bottleneck that hinders both personal growth and team efficiency.

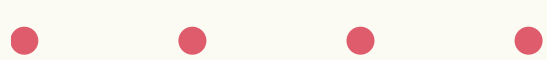
Time, the Slippery Currency: Leadership demands a mastery of time, a resource that seems to slip through the fingers of those with ADHD. Constantly battling against the ticking clock, leaders find themselves caught in a paradox where urgency often takes precedence over importance, impacting strategic decision-making and long-term planning.

**Together we are most
certainly better.**



Lack of Planning, Direction in the Storm: Leadership without a roadmap is akin to sailing without a compass. ADHD can cast a fog over planning and direction, making it difficult to set a course and stick to it. The absence of a clear plan not only affects personal productivity but also ripples through the team, leaving them uncertain and disoriented.

The Project Avalanche: In the pursuit of excellence, leaders with ADHD might inadvertently overwhelm their teams with a barrage of projects. A desire to innovate and explore new possibilities can lead to a scattered approach, creating anxiety and burnout among team members who crave structure and strategic focus.



Sounds familiar...?

Your dedication, drive and commitment to excellence led you here. But what got you here, won't get you "there". Your old story of "If its meant to be, its up to me" won't help you now.

You can't do it all. And you certainly can't do it alone. You will only get in your (and your organisation's) own way.

It's time for you to tell a new story. As Dr Hallowell says in his book ADHD 2.0:

「The life goal of ADHDers is Interdependence, not Independence...」

ADHDers need others to be their best selves – not just for accountability and to do those things that aren't our high-value/high-enjoyment tasks – but also for energy and synergy! So the Leadership Programme is designed around our no.1 strategy: "The Body Double".

Together we are most
certainly better.



What will I get out of the TAA Leadership Programme?



Our leadership programme is tailored to empower you to understand and embrace your ADHD and to transform your challenges into strengths. Through a unique blend of ADHD coaching, training, skill-building and tailored strategies, you will learn to harness the vibrant and creative energy of ADHD while redesigning your life with ADHD - setting up your routines, environment, team and processes to enable you to work in your areas of unique brilliance.

By participating in the TAA Leadership Programme, not only will you be benefitting from the body double strategy, but you will be stepping out of the whirlwind of your day to day life to get clearer on your vision, create S.M.A.R.T goals and define the actions you need take to move your business forward.

We help you move from a place of overwhelm and firefighting to a place of clarity and strategic intentional action.



If you don't set your agenda you will end up following someone else's...

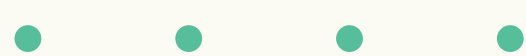


How does it work?

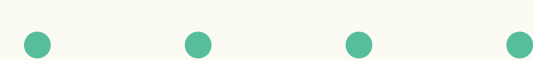
Your mentoring sessions, masterminding pods, implementation time, quarterly planning sessions and daily accountability will keep you focused on what you need to do DAILY to ensure that your ADHD doesn't get in the way of reaching your potential.

Who else will be participating in the programme?

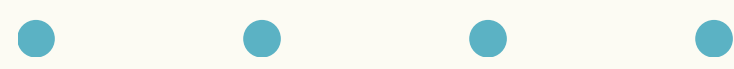
You will be joined by other ADHDers that are in a similar situation professionally (ie with other managers or business owners that share similar challenges and opportunities as you). In this way, everything you learn will be relevant and beneficial to you. At the same time you will also get to expand your network and collaborate with like-minded ADHDers with whom you can strategise, learn from and "body-double".



*It's time to step out
so you can step up...*



Programme Elements



1 x 60-Minute 1:1 Strategic ADHD Coaching Session

You will receive a 1:1 x 60-minute strategy session with our Director to kick start your programme. We will map out your 12-month goals and get clear on the systems and structures you will need to achieve them. This session will ensure that you start the programme on the right foot and begin it with the end in mind.

Quarterly Group Planning Sessions

Our Quarterly Planning Sessions help you step out of the whirlwind to work on your business, rather than in it. By the end of each workshop, you will have a clear idea of what is working in your business (and what is not) and where your business will be after 90 days, as well as an achievable plan to get you there.

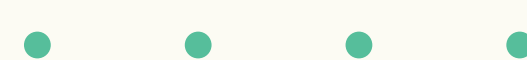
These workshops take place at the beginning of each quarter to:

- Adopt a strengths-based approach to ADHD
- Get clear on your personal and professional ADHD needs
- Create or revisit your Personal Operations Manual (strengths, values, strategies and heartfelt vision)
- Address ADHD challenges getting in the way of your professional growth
- Receive training from ADHD experts to promote mental health and well-being
- Create your Plan for the next Quarter (S.M.A.R.T goals aligned with your vision)
- Get inspired and re-invigorated to take control, get organised and take action
- Network and Collaborate
- Share and celebrate your Successes

Weekly Mentoring and Support

Weekly Q&A and Planning session with one of our Senior Coaches to give you the opportunity to organise your week ahead of time and address what is getting in your way of your goals.

You will receive expert support each week in the areas you need help with, increasing accountability and allowing you to implement faster than you would on your own.



Monthly Group Coaching Session

Every month, you're invited to a "hot seat" mastermind session for your business. Your guided peer group is a discreet and safe environment where you are free to seek help, address challenges, evaluate opportunities, and figure out what to do next. You'll get advice from your peers while being held accountable for achieving your objectives.

Weekly Implementation Time

Get access to a virtual "productivity lab" where you can work on your major business projects, get through your emails or even submit your expense claims! Business owners, you may want to work on your social media posts... Sit at your workstation and work with us in real time to complete your high value tasks and cross them off your "to do" list with your community. The body double strategy is one of your key strategies. No more implementing on your own because we're here to help and hold you accountable.

Daily Accountability Buddy Calls

You will be asked to choose one member as your Accountability Buddy (AB) after you've connected with your peers during your first Monthly Group Coaching Session. This person will check in with you for 5 minutes each weekday to keep you on track and move you forward towards your goals. It is entirely up to you who you choose. You will be prompted to switch your AB and join up with a new partner as we progress so you don't get too comfortable ;)

This will assist you in developing long-term relationships and accountability measures with a variety of different, high-achieving peers. (This will be invaluable!)

Daily Accountability Emails to keep you motivated and on track

Each morning you will get an email with a short lesson or assignment to help you stay on track and implement your goals. This is your Daily Accountability prompt, designed to help you focus on what you need to do today to make the most progress towards your heartfelt vision. IMPLEMENTATION is the name of the game! Each day, getting clear and focused on your priorities for the day should keep overwhelm and burn out at bay.

Optional Private Access Time

Outside of the access and individualised support you will receive, Stephanie is available throughout the year for additional access for an additional fee.



How long is the Programme?

The Programme is set up to run over 12 months (to provide for goal setting and execution over the calendar year).

Can I join at any time?

Even though we do an annual planning and strategy session at the beginning of each calendar year, you don't need to start the Programme in January. As the Programme is split up into quarters, you are able to join at the start of any quarter. A recording of the annual planning and strategy session will be made available to you to watch prior to your first workshop.

What is the minimum commitment?

The minimum commitment is one quarter ie three (3) months. To make the most out of the Programme we recommend you completing the full 12 months. However, you may cancel your membership after the three (3) month commitment with a minimum of one (1) month's notice.

How many people will be in my group?

All members are welcome to join in the same weekly mentoring sessions and quarterly workshops. However, in monthly Group Coaching Sessions, there will be no more than six of you.

What's better? 1:1 Coaching or the TAA Leadership Programme?

If you have been invited to join the TAA Leadership Programme as an Alumni you will have already been coached on a 1:1 basis and (ideally!) will now better understand yourself and your ADHD as well as your needs and goals. By participating in the TAA Leadership Programme you will be able to better execute on those goals through the space, accountability and immersion that the programme provides each week.

How do I sign up?

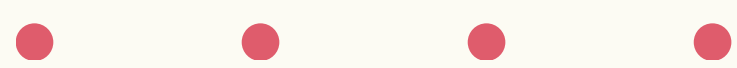
You can sign up [here](#) and pay for your first three months of the programme via your debit/credit card.

I've signed up. What now?

You will have been issued with an account and have your own dashboard.

A questionnaire will be made available to you to complete prior to your 1:1 strategy session. Once you submit your completed questionnaire you will be invited to your 1:1 strategy session. In the meantime, you are welcome to participate in all the sessions available to you. Do make sure you read the document "How to get the most out of the TAA Leadership Programme" before joining your first session.

Programme Cost



Price per month

£850 + VAT

(minimum three month
commitment)

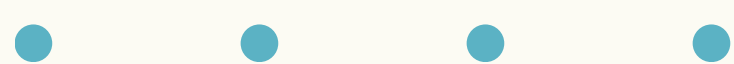


Price for 12 months
upfront

£9,700 + VAT



Contact us



 0203 302 5661

 www.theadhdadvocate.com

 admin@theadhdadvocate.com

 London, UK - global/online