

EXECUTIVE FUNCTIONING COACHING PROGRAM

A NEW APPROACH TO DEALING WITH EXECUTIVE FUNCTIONING CHALLENGES



◆ Despite its prevalence, there is still much that we don't know about Attention Deficit Hyperactivity Disorder [ADHD] (and ADHD without the "Hyperactivity", sometimes still referred to as "ADD").

◆ While the wide variety of available prescribed medications are appropriate and helpful in the majority of cases, many people choose either not to medicate, or aren't formally diagnosed.

◆ Either way, the traits commonly associated with ADHD almost always require both a bigger picture and a day-to-day framework within which people need to function to be at their most effective.

Using an APPLIED POSITIVE PSYCHOLOGY & COACHING PSYCHOLOGY approach, based on the latest Scientific Research & Data, as well as significant personal experience; we work with you (and your medical professional, where appropriate) to:

- ◆ Develop a unique, customized plan tailored to you
- ◆ Define your perspective and perception of time to improve your executive functioning and approach in developing (or adapting) time management systems that embrace and acknowledge your ADHD traits
- ◆ Enable you to approach ADHD in a more practical and positive way yourself, and which will resonate for those around you
- ◆ Build skills, strengths and tactics for every day use and long term

SCAN THE QR CODE TO TAKE YOU TO A
LINK FOR MORE INFORMATION AND
DOWNLOADABLE PDF



ourbestpractices.com/intentional-attention-program/

PLEASE CONTACT US VIA
TELEPHONE, TEXT, OR EMAIL TO
SET UP A FREE CONSULTATION

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