

What is ADHD Coaching?

Executive Function Skill Building

- Organization
- Time Management
- Task Initiation
- Task Prioritization
- Working Memory
- Flexibility
- Focus & Attention

ADHD Awareness and Education

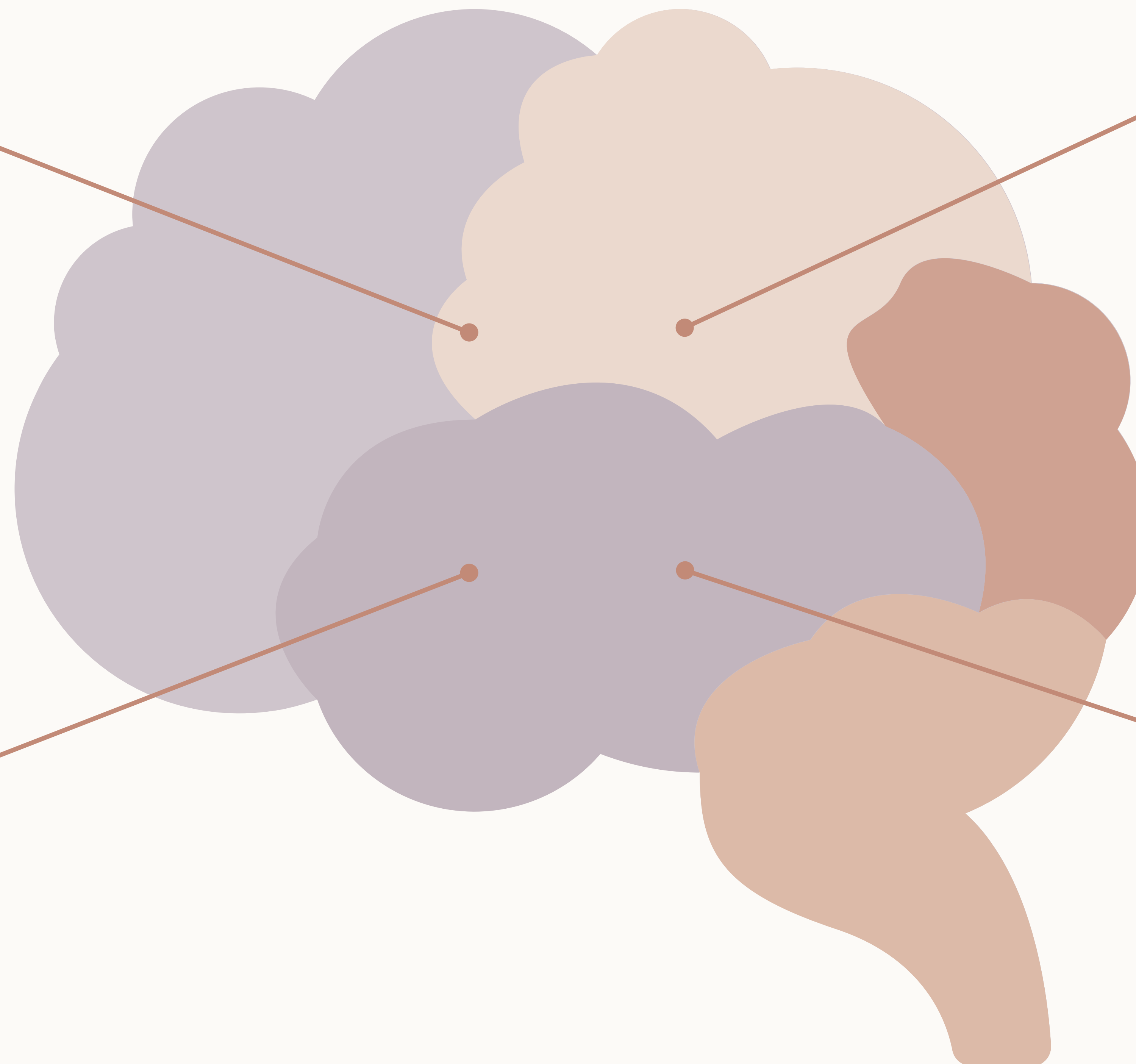
- ADHD Subtypes
- Interest-Driven Nervous System
- Time Blindness/Hyperfocus
- ADHD Mirror Traits

Motivation and Accountability

- Goal Setting
- Meeting Deadlines
- Tools/Systems/Strategies
- Self-Discipline

Mindset and Metacognition

- Emotional Regulation
- Identifying Strengths
- Self-Compassion
- Confidence & Self-Esteem
- Work/Life Balance



Hallowell Todaro

ADHD CENTER

 *unwrap the gift*