

# OWN YOUR ADHD



6 week upskilling programme

## Objectives

### Awareness

Give you important foundational key knowledge of ADHD

### Community

Learn about your ADHD in a safe environment

### Action & accountability

Make active plans and changes to your personal and professional life

## FORMAT

### READINGS

Readings given to you each week to prepare for the session

### Online

All 1 hour sessions conducted online and recorded

### Breakdown

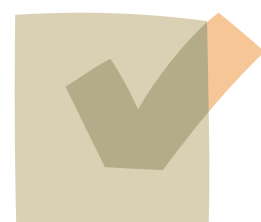
15 minute discussing topic  
30 minute coaching  
15 minute wrap & takeaways

All sessions facilitated by certified coach

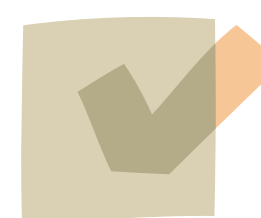
### Homework

Worksheet given after each session for reflection and planning next steps

## Benefits



Accessible and affordable way for you to learn about your ADHD with coach facilitator



Access a safe environment to learn about your ADHD with peers



Walk away with greater self awareness and practical steps to make changes to your life