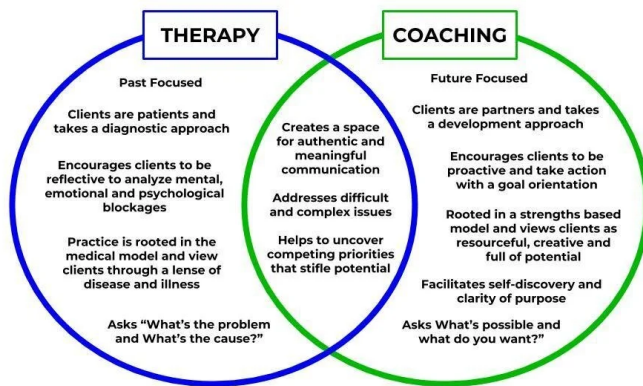


# ADHD COACHING



PROMISING POTENTIAL



## FACILITATED BY AN OCCUPATIONAL THERAPIST

Empowering individuals to grow in sustainable habits, practical skills and independence for confident engagement in all areas of life; grounded in the mutual learning principles of transparency, curiosity, informed choice, systematic thinking and compassion.

## BUILDING PRACTICAL NEURO-AFFIRMING SKILLS

Collaborating to support executive functioning, emotional regulation and adaptive routines through multiple perspectives and co-creation strategies.

## PROMOTING AUTONOMY THROUGH COACHING-BASED LEARNING AND INFORMED CHOICE

Facilitating self-discovery and self-directed change, through identifying and evaluating strategies aligned with values, goals and strengths, while learning how to manage areas of challenge.

## STRENGTHS-FOCUSED COMMUNITY, WITH MUTUAL ACCOUNTABILITY

Fostering compassionate connection and shared curiosity-based problem solving among participants through giving and receiving feedback, reducing stigma and isolation and facilitating group wisdom, accountability and encouragement.

## ENHANCING ENGAGEMENT IN MEANINGFUL OCCUPATIONS WITH COLLABORATIVE PROBLEM-SOLVING

Supporting engagement in all chosen roles by reducing perceived barriers through genuine inquiry dialogue examining mindsets through diverging (framing and exploring), emerging (discussing) and converging (recommending) to generate collective, encouraging solutions to influence success.

# INTEGRATING HOLISTIC AND TRANSPARENT EVIDENCE-INFORMED OT PRACTICE

Integrating OT expertise, sensory processing, cognitive strategies, environmental modifications and habit forming with transparency and sharing.

# FOSTERING LONG-TERM WELLBEING AND SHARED CAPACITY BUILDING

Equipping with life-long strategies for self-regulation, productivity, mental wellness through openness, reflective thinking and collaborative decision-making to navigate relationships and responsibilities with increased confidence.

# INVESTMENT

- In-person Canberra group sessions are for 2.5 hours, once per month, at a cost of \$250 plus GST per session and payable in advance on a quarterly basis.
- Groups are made up of no more than 8 participants including the facilitator.
- Remote individual coaching sessions are available at a cost of \$200 plus GST per hour; in-person sessions incur a travel expense if the OT is required to travel to you.