



ADHD CoachConnect Presents 2018 BACKPACK TO SUCCESS

EXECUTIVE FUNCTIONS STRENGTHENED!

Executive Functions, such as organization, managing time, prioritizing tasks, eliminating distractions are all necessary skills for school AND life

- ❖ One on one coaching and support
 - ❖ Tailored to your child's needs
- ❖ Unleash your strengths and learn how fabulous YOU are
 - ❖ Middle, high school AND college eligible
 - ❖ New study skills that make sense to YOUR brain

Mile Marker #1: YOU'RE NEURODIVERSITY AND YOUR BRAIN WIRING

Understand your OWN brain wiring
How to empower you to be the Boss of YOUR Brain
Begin to find your own strengths within
It's not about intelligence

Mile Marker #2: YOUR STORY and Limited Beliefs

What's the story you are telling yourself?
Begin the process of building Executive Functions
Understanding HOW you learn and your brain potential
You're learning strengths; are you using them or fighting them?

Mile Marker #3: Magical Moments and My Game changer

A deep look at the moments when you were rocking it!
Confidence Builders
Anxiety zappers!

Mile Marker #4: New Study Skills to Fill the Tool Box

Strategies for your tool box
Mindfulness
Time to fly

Begins January 2018 and runs #8 weeks
Deadline is December 31st

Complete Registration Form to save your spot! (they are limited)
<https://form.jotform.com/71874053676162>

\$599 for entire program (10% off in paid in full or two monthly payments)

The program is #8 one on one private coaching program delivered nationwide, in person, via Skype

For more information, please contact me at 614-804-6706 or judy@adhdcoachconnect.com