

WEEK 1: UNDERSTANDING MY AWESOME BRAIN

Goal: Increase self-awareness about ADHD and its strengths.

Coaching Session: Explore the concept of ADHD, highlighting unique strengths associated with ADHD (e.g. creativity, problem-solving).

WEEK 2: TAMING THE TIGERS: MASTERING FOCUS

Goal: Develop strategies for improving focus and attention.

Coaching Session: Learn about attention spans and techniques for staying focused (e.g., fidget tools, movement breaks, visual organisers).

WEEK 3: ORGANISATION: CONQUERING THE CHAOS

Goal: Develop organisation skills to manage tasks and belongings.

Coaching Session: Explore strategies for organisation, including time management tools, planning techniques, and decluttering methods.

COACHING FRAMEWORK AGES 6-15

WEEK 6: CELEBRATING SUCCESS: BUILDING CONFIDENCE & MOTIVATION

Goal: Celebrate progress, build self-confidence, and maintain motivation.

Coaching Session: Reflect on the program's journey, celebrate accomplishments, set future goals, and discuss strategies for staying motivated.

WEEK 5: SUPERPOWER SLEEP: BUILDING HEALTHY HABITS

Goal: Establish healthy sleep routines to improve focus and well-being.

Coaching Session: Explore the importance of sleep for children with ADHD, develop relaxation techniques, and create a bedtime routine.

WEEK 4: COMMUNICATION CHAMPIONS: MASTERING COMMUNICATION SKILLS

Goal: Enhance communication skills for better understanding and expression.

Coaching Session: Learn about active listening, clear communication techniques, and strategies for expressing emotions effectively.

WEEK 1: UNDERSTANDING MY AWESOME BRAIN

Goal: Increase self-awareness about ADHD & Autism, and identify unique strengths associated with these conditions.

Coaching Session: Explore the concept of ADHD & Autism, highlighting unique strengths (e.g., creativity, problem-solving, hyperfocus).

WEEK 2: CONQUERING COMMUNICATION CHALLENGES

Goal: Enhance communication skills for clearer expression, understanding, and navigating social interactions.

Coaching Session: Discuss communication styles (verbal, nonverbal, active listening) and strategies for effective communication.

WEEK 3: TAMING THE TIGERS: MASTERING FOCUS & ORGANISATION

Goal: Develop strategies for managing distractions, improving focus, and implementing organisational systems.

Coaching Session: Explore focus techniques and organisational strategies (e.g. planning tools, prioritisation).

COACHING FRAMEWORK AGES 15-18

WEEK 6: CHARTING YOUR COURSE: SETTING GOALS & ACHIEVING INDEPENDENCE

Goal: Set goals for the future, explore career options, and develop strategies for independent living.

Coaching Session: Discuss goal setting. Explore resources for career exploration and transition to higher education or independent living.

WEEK 5: BUILDING HEALTHY HABITS FOR SUCCESS

Goal: Establish routines for sleep, exercise, and self-care to promote overall well-being and academic performance.

Coaching Session: Discuss the importance of healthy habits for managing ADHD & Autism, focusing on sleep hygiene, exercise, and stress management.

WEEK 4: EMOTIONAL INTELLIGENCE: UNDERSTANDING & MANAGING EMOTIONS

Goal: Develop emotional intelligence to recognise, understand, and manage emotions effectively.

Coaching Session: Explore emotional regulation strategies (mindfulness, relaxation techniques, self-talk).