

Some questions you may be asking

- *What if I don't have a diagnosis?*

You do not need a diagnosis to take advantage of coaching

- *Do you only help children?*

We can help people of all ages including children

- *How long will it take?*

We have an initial commitment to 6-8 sessions although we will work with you for an additional 6-8 sessions if required.

- *How long are the sessions?*

Each session will be for an hour but you must be prepared to do some 'work' between sessions to achieve your goals.

- *Is it a set programme?*

Coaching is tailored to your needs and is very individual although the skills we use have been used very successfully in a variety of settings.

- *Do I have to get a referral from my GP?*

No, you can refer yourself via *ADD-vance*. Call the helpline for further information.

- *Can you also work with my child's school?*

With your written permission we can contact school for information or can work with teachers to improve the situation at school.

- *Will I have to pay?*

The scale of fees will be explained when you call for information

For more information contact

ADD-vance

Telephone 01727 833963 / Email - Herts@add-vance.org
www.add-vance.org

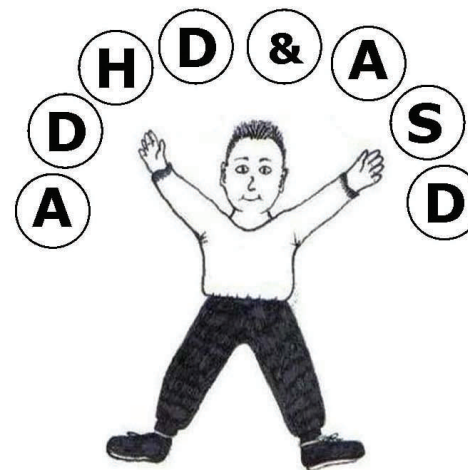
ADD-vance

Specialist Coaching

for

Attention Deficit Hyperactivity Disorder (ADHD), Aspergers and related conditions

Making a Positive Difference



For further information contact

ADD-vance

Supporting families of ADHD & ASD in Hertfordshire

Telephone: 01727 833963

Email: Herts@add-vance.org Web: www.add-vance.org

Are any of these an issue for you or your family?

- Emotional, Social & Behavioural difficulties
- Anger management
- Low self-esteem
- Social and communication skills
- Organisation skills
- Motivation
- Relationships
- Time Management

These are all typical problems that can be improved by coaching.

What is Coaching?

Coaching moves you from where you are to where you want to be.

One of our team of experienced specialist coaches will work in partnership with you to explore your options and encourage you to focus on your potential rather than your past performance, working towards your desired goals.

We are confidential, non-judgemental, supportive and adaptable, encouraging a lasting change and personal growth.

How does it work?

- Assess the difficulties
- Determine the goals
- Offer strategies and skills for change
- Provide the tools to achieve
- Encourage and review
- Empower you to take control

Our Commitment to you

Over a period of 6-8 weeks we will work with you and your family in a confidential and professional manner to promote successful outcomes and achievement.

What makes our coaches unique?

We are the only team of qualified specialist coaches who also have first hand personal experience and knowledge of living with ADHD and related conditions.