



ADHD Coaching Group

Coaching to Help You Better Manage ADHD and ADD

Do You Have a Diagnosis of ADHD or ADD?

Then you may experience challenges in areas such as school, work, relationships, and daily life.

In our coaching group, you'll receive practical tools to help you better cope with the challenges that come with ADHD or ADD.

We'll cover a range of important themes that can help you understand your situation more clearly and find ways to improve it.

What Will Be Covered?

- accepting the diagnosis
- psychoeducation;
understanding ADHD and ADD, the characteristics, and impact
- planning and organization
- managing finances
- relaxation techniques
- communication
- relationships

What Can You Expect?

- Topics will be discussed to help you gain insight into your own situation.
- Practical advice and new skills that you can apply in your daily life.
- Relaxation exercises, which help you find more calm and focus.
- There will be opportunities to share your own experiences and learn from others.

Introductory Session

Before starting the *ADHD coaching group*, you will attend an *introductory session*. A loved one is welcome to join you.

Here, you will receive detailed information about the group's content and approach, so you know what to expect.

Meetings:	once a week
Meeting duration:	2.5 hours
Number of meetings:	13
Materials:	You will receive a workbook.

Sign Up or Learn More?

Consult with your practitioner whether he or she can register you. For more information, please contact trainingen@ggze.nl.

ADHD Coaching Group is a product of GGzE



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