

Weekly Course for Adults with ADHD: October-November 2019

Facilitator: Laura MacNiven, Co-Founder of Springboard Clinic, Co-Author of “May We Have Your Attention Please?”

What should I expect? This course is designed to support readers through the Finding your SELF journey outlined in our new adult workbook, “May We Have Your Attention Please?”. Each week, Laura will guide you, chapter by chapter, to help you stay on track and get the most out of the process. This program will offer you an opportunity to be part of a community from the comfort of your own home.

This program is open to individuals outside of the Springboard community, and sessions will be recorded if you are in a different time zone or are unable to join every week at the designated time. All participants must sign a confidentiality form ensuring privacy for all individuals in the group.

Early Bird Discount: If you sign up by June 30, we are offering an exclusive rate of \$249 per person

Cost: After June 30, course fees are \$279 per person

Time: 7:00pm-8:15pm EST

Dates:

- Tuesday, October 1, 2019: The Hidden You- Finding Your Authentic Self
- Tuesday, October 8, 2019: Your Brain and ADHD- Knowledge is Power...
- Tuesday, October 15, 2019: Your Health and ADHD- The Bad News and Then the Good News
- Tuesday, October 22, 2019: Take the Lead with ADHD- Finding Your Way to Get Momentum
- Tuesday, October 29, 2019: You Are Not Your ADHD: Stepping Forward in “Your Own Shoes”
- Tuesday, November 5, 2019: You and Your Team- Finding (and Keeping) Your “Peeps”
- Tuesday, November 12, 2019: You and Your Environment- Staying on Track with Tweaks
- Tuesday, November 19, 2019: Keeping Up with Momentum and Living with ADHD- Closing Thoughts

Please note: This course is designed to accompany Springboard’s book: “May We Have Your Attention Please?”. Please order the book in advance as it is not provided with the course fee.

Full Name

Email Address

Telephone Number

How did you find out about this workshop?

Payment Information (check one): **VISA** **MasterCard**

Card Number

Expiry (MM/YY)

Authorized Amount

Card Holder’s Signature

Please send completed registration form to: info@springboardclinic.com or fax: 416 901 3079