



BOOT CAMP : Adults or Parents of kids who have ADHD

Empower yourself and your family using strength-based coaching, a proven method to increase confidence and accomplishment.

The ADHD Boot camp is a 4-week program offered:

- Do it with a friend
- Organize a group
- Private sessions also available

BOOT CAMP

- Consists of four 1 -hour sessions to include: **character strengths assessment, nutrition, fitness & mindfulness**
- Unlimited email or text support between sessions.
- Researched and organized hand-outs for reference outside the sessions.
- Uses a 4-step approach to wellness that originates in your particular area of strength.
- Bring friends, colleagues and family - prices vary depending on attendance. Please contact Robyn Parks for more information or to schedule your 4 sessions. 410.790.2387 or robyn@simplypositivecoaching.com

Did you know that identifying and applying your character strengths can have a significant impact on your life? Research shows that using your character strengths can help you manage and overcome problems, improve your relationships, and enhance health and overall well-being.

When you utilize your strengths and focus on what you are good at, you are more likely to accomplish your goals. Don't waste any more time or energy focusing on the things you aren't good at and trying to improve them.

Once we identify your top 5 character strengths and values, then we will create strategies and systems around what you're good at, all with the ADHD brain in mind. This will help us create the momentum you need to pass this along to your child. Along the way, you'll find more ease and accomplishment for yourself!

