



Coaching Teens & College Students with AD/HD*
ICF Accredited for 30 CCEUs

ICF Core Competencies:

Meeting Ethical Guidelines and Professional Standards; Establishing the Coaching Agreement

- Lesson 1
- Course Rules and Introductions
 - Value of coaching teens and college students
 - Ethics
- Lesson 2
- AD/HD Coaching and Life Coaching - Differences and Similarities
 - ICF Core Competencies
 - IAAC Core Competencies

Establishing Trust and Intimacy with the Client; Coaching Presence

- Lesson 3
- Pre-Screening clients and their families
 - Getting to know the younger client
 - Developing rapport
 - Coaching the whole person, not the disorder
 - Learning Styles and Learning Differences

Active Listening, Powerful Questioning; Direct Communication

- Lesson 4
- Initial intake session
- Lesson 5
- Who is the client?
 - Accountability and boundaries – designing a partnership with the client and parents
 - Creating awareness - educating families on ADHD and related issues

Creating Awareness; Designing Actions; Planning and Goal Setting; Managing Progress and Accountability

- Lesson 6&7
- Coaching support, structure, skills and strategies for young clients with AD/HD
- Lesson 8
- Motivating teens
 - Goal setting
 - Creating “success contracts”
- Lesson 9
- College students
 - Goals and accountability
 - Challenges of college environment
 - Health and well-being



Meeting Ethical Guidelines and Professional Standards, Establishing the Coaching Agreement

- Lesson 10
- Obstacles to successful coaching
 - Termination of coaching

All Core Competencies will be used in this lesson

- Lesson 11
- Practice, practice. practice
 - Coaching Q & A

Establishing the Coaching Agreement, Practice Building Skills

- Lesson 12
- Business aspects of coaching teens and college students
 - Coaching Contracts and Release Forms
 - Building a client base/marketing
 -

Active Listening, Powerful Questioning

- Lesson 13
- Who Do YOU want to coach?
 - Strategies – Brainstorming and Sharing
 -

All Core Competencies will be used in this lesson

- Lesson 14
- Coaching Follow-up
 - Core Competency Review
 -

Practice Building Skills and review of all ICF Core Competencies

- Lesson 15
- Where will you go from here?
 - Sharing – resources, ideas, lessons learned
 - Wrap up/completion

* Required reading/homework will provide an in-depth look at AD/HD and the impact on clients. Additional time required each week for buddy coaching outside of class.



2008 Teleclass Reading List (Required text in bold)*

- Alexander-Roberts, Colleen. *ADHD and Teens – A Parent’s Guide to Making it Through the Tough Years*. 1995 ([Lesson 6-8](#))
- Brown, Thomas. *Attention Deficit Disorder: The Unfocused Mind in Children and Adults*. 2005 ([Lesson 1](#))
- Dawson & Guare. *Executive Skills in Children and Adolescents*. 2004
- Dendy, Chris and Zeigler, Alex. *A Bird's-Eye View of Life with ADD and ADHD: Advice from Young Survivors*. 2003
- Dendy, Chris. *Teaching Teens with ADD and ADHD: A Quick Reference Guide for Teachers and Parents*. 2006 Revised Edition ([reference](#))
- Dendy, Chris. *Teenagers with ADD and ADHD: A Guide for Parents and Professionals*. 2006 Second Edition ([reference](#))
- Fellman, Wilma. *Finding a Career That Works for You*. 2006 Second Edition
- Garber, Stephen. *Beyond Ritalin: Facts About Medication and Other Strategies for Helping Children, Adolescents, and Adults with ADD*. 1996
- Goldberg, Donna. *The Organized Student. Teaching Children the Skills for Success in School and Beyond*. 2005
- Hallowell, Edward & Ratey, John. *Driven to Distraction*. 1994 or *Delivered From Distraction*, 2005. ([Lesson 2](#))
- Levine, Mel. *Ready or Not, Here Life Comes*. 2005 ([Lesson1](#))
- Levine, Mel. *The Myth of Laziness*. 2003
- Richardson, Wendy. *When Too Much Isn't Enough – Ending the Destructive Cycle of AD/HD and Addictive Behavior*. 2005** ([Lesson3](#))
- Nadeau, Kathleen. *Help 4 ADD @ High School*. 1998
- Nadeau & Quinn. *Understanding Girls with AD/HD*. 1999
- Quinn, Patricia. *Adolescents & ADD - Gaining the Advantage*. 1995 ([Lessons 3, 4, 8](#))



- Weiss, Sharon. *From Chaos to Calm: Effective Parenting of Challenging Children with ADHD and Other Behavior Problems*. 2001 ([Resource](#))

Coaching Resources

- Adams, Marilee. *Change Your Questions, Change Your Life*. 2004 ([reference](#))
- Belf, Teri-E. *Coaching with Spirit*. 2002 (not required but wonderful)
- Belf, Teri-E and Ward, Charlotte. *Simply Live it UP! Brief Solutions*. 1995
- Carson, Richard. *Taming Your Gremlin: A Guide to Enjoying Yourself*. 2003 Revised Ed. ([Lesson 4](#))
- Flaherty, James. *Coaching: Evoking Excellence in Others*. 2nd Edition. 2005
- Leonard, Thomas. *The Portable Coach*. 1998
- Quinn, Ratey, Maitland. *Coaching College Students with AD/HD*. 2000 ([Lessons 2 & 9](#))
- Whitworth, Kimsey-House, Sandahl. *Co-Active Coaching*. 2007 2nd Ed ([reference](#))
- Whitmore, John. *Coaching for Performance*. 2002 ([Lesson 6](#))
- ICF Professional Coaching Core Competencies & Code of Ethics. www.coachfederation.org. (All Lessons)
- IAAC ADHD Coaching Core Competencies & Code of Ethics. www.adhdcoachinstitute.org (All Lessons)

**Alternate choices to this selection:

Richardson, Wendy. *The Link between ADD & Addiction*. 1997

Miller & Blum. *Overload: ADD & the Addictive Brain*. 1996

*Lessons are noted by the required reading to allow for paced reading. Reference readings will be mentioned in class and are excellent resources for coaching youth with AD/HD.