



Empowering Youth with ADHD: Your Guide to Coaching Adolescents and Young Adults for Coaches, Parents, and Professionals

Jodi Sleeper-Triplett MCC SCAC

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Unveiling a powerful and proven methodology for teens and young adults with ADHD, this guidebook offers complete instruction for professionals and parents on what ADHD coaching for young people is and how it can dramatically improve the lives of the afflicted. A groundbreaking approach, this handbook discusses powerful intervention practices to help youths with ADHD break through barriers and succeed in their lives. The thorough, hands-on guidance makes for an ideal resource for all individuals interested in learning more about coaching young people with ADHD—including life coaches interested in expanding their practices to a new market; academic tutors and personal organizers wondering if they would like to become trained as an ADHD coach; and therapists, psychiatrists, and pediatricians confused about what ADHD coaches do.

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