



# How to Thrive with Adult ADD / ADHD

## 10-Class Teleseminar Series

by

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Throughout this course material, the terms "ADD" and "ADHD" will be used interchangeably to refer to Attention Deficit Disorder.

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### CLASS TOPICS

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**Topics are planned to be given in the order below.**

(This order may change as the course progresses.)

<b>Week</b>	<b>Date in 2008</b>	<b>Topic</b>
1	Oct. 14	Keys to Successful Self-Coaching
2	Oct. 21	Getting Started: Overcoming Procrastination, Overwhelm and Distraction
3	Oct. 28	Time Sense / Time Management
4	Nov. 4	Tools: Rituals to Break Habits & Mindmapping
5	Nov. 11	Clutter and Disorganization
6	Nov. 18	Planning and Prioritizing
7	Nov. 25	Following Through: From Vision to Implementation
8	Dec. 2	ADD at Work
9	Dec. 9	ADD and Entrepreneurship
10	Dec. 16	ADD and Relationships