

ADHD COACHING FOR UNIVERSITY STUDENTS

How specialized coaching can help you

We know that ADHD can affect your success in university. We also know that improving outcomes is possible.

Coaching is recognized as an effective treatment modality for ADHD.

A diagnosis is not necessary to access coaching services.

MEDIPSY COACHES SERVE CHILDREN, TEENS AND ADULTS. OUR COACHES ARE EXPERIENCED AND SPECIALIZE IN THE UNIQUE CHALLENGES OF ADHD.

THE BENEFITS FOR YOUNG ADULTS

In a safe and supportive environment, you take charge of your life and your university experience.

You will gain confidence, insight, and strategies that work for you

You will be better able to show what you know, meet deadlines, be better organized, study effectively, increase focus and get the most out of your university experience

You will feel less overwhelmed and more in control of your schedule

You will learn to measure progress non-judgmentally and regularly for immediate feedback on what is working for you

You will learn how to achieve your goals

THINGS YOU CAN LEARN TO IMPROVE:

Goal Setting for Success

Planning, organizing, prioritizing

Task initiation and completion

Sustaining Motivation

Monitoring Impulsivity

Positive goal directed self-talk

Problem solving

Self-advocacy

Boundary setting

Communication