



Coaching Teens & College Students with AD/HD  
ICF Approved 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



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

**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

**NOTE: 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.**



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

## Teleclass Reading List – Revised 12//26/09

### Required Reading\*

- Alexander-Roberts, Colleen. *ADHD and Teens – A Parent’s Guide to Making it Through the Tough Years*. 2001 (**Lesson 6-8**)
- Brown, Thomas. *Attention Deficit Disorder: The Unfocused Mind in Children and Adults*. 2006 (**Lesson 1**)
- Cooper-Kahn & Dietzel. *Late, Lost and Unprepared. A Parents’ Guide to Helping Children with Executive Functioning*. 2008 (**Lesson 7**)
- Hallowell & Ratey. *Driven to Distraction*. 1994 or *Delivered From Distraction*, 2005. (**Lesson 2**)
- ICF Professional Coaching Core Competencies & Code of Ethics.  
[www.coachfederation.org](http://www.coachfederation.org). (**All Lessons**)
- IAAC ADHD Coaching Core Competencies & Code of Ethics.  
[www.adhdcoachinstitute.org](http://www.adhdcoachinstitute.org) (**All Lessons**)
- Levine, Mel. *Ready or Not, Here Life Comes*. 2005 (**Lesson1**)
- Richardson, Wendy. *When Too Much Isn’t Enough – Ending the Destructive Cycle of AD/HD and Addictive Behavior*. 2005 (**Lesson3**)
- Quinn, Patricia. *LEARNING TO FLY SOLO: Helping Teens Gain Control of Their ADHD*.  
[www.addvance.com](http://www.addvance.com) (**Lessons 3, 4, 8**)
- Quinn, Ratey, Maitland. *Coaching College Students with AD/HD*. 2000 (**Lessons 2 & 9**)
- Weiss, Sharon. *From Chaos to Calm: Effective Parenting of Challenging Children with ADHD and Other Behavior Problems*. 2001 (**Resource**)
- Whitworth, Kimsey-House, Sandahl. *Co-Active Coaching*. 2007 2<sup>nd</sup> Ed (**Reference**)
- Whitmore, John. *Coaching for Performance*. 2009 (**Lesson 6**)

**\*Lesson numbers are noted next to each required book above to allow for paced reading.**



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

### Suggested Readings

- Adams, Marilee. *Change Your Questions, Change Your Life*. 2004
- Barkley & Robin. *Your Defiant Teen*. 2008
- Belf, Teri-E. *Coaching with Spirit*. 2002
- Carson, Richard. *Taming Your Gremlin: A Guide to Enjoying Yourself*. 2003 Revised Ed.
- Dawson & Guare. *Smart But Scattered*. 2009
- 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*. 2000 Revised Edition
- Dendy, Chris. *Teenagers with ADD and ADHD: A Guide for Parents and Professionals*. 2006 Second Edition
- Fellman, Wilma. *Finding a Career That Works for You*. 2006 Second Edition
- Flaherty, James. *Coaching: Evoking Excellence in Others*. 2<sup>nd</sup> Edition. 2005
- Levine, Mel. *The Myth of Laziness*. 2003
- Nadeau & Quinn. *Understanding Girls with AD/HD*. 1999
- Ratey, Nancy. *The Disorganized Mind*. 2008