Coaching Strategies for Parents: Learning to Coach the Exceptional Child

A workshop for parents of children with exceptionalities including ADHD, learning disabilities and executive function disorder.

Coaching is described as a thought-provoking and creative process that inspires individuals to maximize their potential. Coaches help to identify the skills and capabilities that are within a person and enabling them to use them to the best of their ability. Coaching can increase independence within the individual and help to promote self-reliance.

Coaching has proven to be a powerful intervention for children and youth with exceptionalities, particularly children with deficits in executive function and attention. This workshop will teach parents life coaching strategies from a trained, professional coach who specializes in working with children who have learning disabilities, ADHD and executive function disorder.

At the end of this workshop parents will:

- have a better understanding of what “coaching” is
- have an increased understanding of how to use “coaching strategies” and “coach-like language” when parenting their exceptional child
- better understand how coaching strategies can motivate and empower their child
- have an increased understanding of how strength-based parenting and positive psychology can strengthen their child’s self esteem, reduce stress and anxiety, and facilitate positive change for you and your family
- discover how practical strategies for communicating with your child can set the stage for success
- have learned how to build a partnership with their child to support their growth and utilize their strengths to meet their true needs.

Workshop Information:
Thursday, October 13th, 2011
6:30pm – 8:30pm
$35 (second parent/guardian receives a 50% discount)

LDA-York Region
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Workshop fees are transferable but non-refundable.