

FACTSHEET
COACHING FOR CHILDREN AND TEENS
How specialized coaching can help

We know that ADHD can affect your life. 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 OF SPECIALIZED COACHING
FOR CHILDREN AND TEENS**

The work is designed to develop the skills needed for:

- Autonomous learning in school
- Getting started on homework independently
- Sustaining attention for longer periods of time
- Sustaining motivation to complete boring work
- Organizing papers, time, and writing assignments

**THE BENEFITS OF SPECIALIZED
COACHING FOR PARENTS**

- More peaceful homework time
- Better relations with your child
- Support in advocating with your child's school
- Feeling less alone with the daily frustrations and concerns that arise

The work is:

- Supportive and geared to your child's individual needs and pace.
- Structured and regularly evaluates what is working to increase self-confidence and motivation
- Integrates your child's gains both at home and school