



ADD Action Coach Inc.

Are you a male between the ages of 18-25 diagnosed with ADHD or learning challenges in search of assistance?

Have you suffered with ADHD symptoms, executive functioning challenges or learning differences that have negatively impacted your life? Are you at a loss and not sure what to do next? **ADD Action Coach** along with the **TATSOR Group** are teaming to provide a series of weeklong intensive programs that will show you that you can change the course of your life. We will show you how to utilize your natural strengths and abilities to enhance and improve your every day life. You will leave our program with concise goals and a way to move forward. We can even provide ongoing coaching and communication upon program completion for clients who would like accountability and follow-up.

The [Specialized Adventure Program](#) model is based on the three "C" concept of training. It begins with building comfort with subjects/activities, confidence and ultimately competence. Each attendee is assigned to a five-person element and is taken through a variety of specialized training disciplines much like those conducted within a special operations unit/organization in law enforcement or the military. The training prepares each attendee to function/operate as well as lead in a dynamic, exciting, adventurous environment during the week. All disciplines/training are taught based upon a progression style concept that culminates with the planning for and execution of an adventurous, specialized operation. After completing challenging physical and mental tasks, attendees will be taken through introspective workshops, highlighting the struggles they have faced with their ADHD/learning difficulties and how they can transfer these newly learned skills into the real world. You will leave with a deeper sense of understanding of yourself by going out of your comfort zone. Life lessons are taught both by team building and individual work resulting in improved self-esteem and excitement about self-reliance. This program is conducted in a 100% technology-free environment.

A Unique Location for a Unique and Life Changing Program

The SAP will be presented at a unique Training Facility located in Calhoun County near Altha Florida. The facility, with hundreds of acres available, boasts a variety of capabilities that can accommodate a myriad of training-adventure programs/events with extensive capabilities.





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The Facility includes but is not limited to:

- Indoor/Outdoor Classrooms
- (6) Open Bay Cabin Lodging (5-6 per Cabin)
- (2) VIP Cabins (2 per Cabin)
- Cafeteria Building with Catered Meals
- Bathroom/Shower Building w/ Washers/Dryers
- Physical Training/Activities Course (42+ obstacles)
- Transitional training areas (rural-wooded/rural-open and urban environments)
- Covered Pavilion Area
- Offsite facilities/activity-training areas

The Facility is designed to accommodate training/conferences with no outside distractions thus maximizing time spent. In addition, the Facility, during the conduct of training-conferences, is technology free.

Program Specifics

Available Program Dates:

Monday October 30th- Friday November 3

Arrival by 5 pm Sunday October 29th

Departure Saturday November 4th

Monday December 4th - Friday December 8th

Arrival by 5 pm Sunday December 3rd

Departure Saturday December 9th

Location:

17668 NE Flatwoods Road, Altha Florida 32421

Nearest Airports: Tallahassee or Beaches International Airport/PCB

All meals and cabin accommodations included in the program fee. Dietary restrictions can be accommodated at no extra charge. Advance notice required please.



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Program Fee:

\$3,500 per program participant

Registration deadline for the November program-**October 15th**

Registration deadline for the December program-**November 15th**

For registration details/further information regarding the SAP please contact Christine Robinson at ADD Action Coach:

christine@addactioncoach.com

"Training and Adventure at the Speed of Real"

