

# Sunnyside ADHD Consulting

## ADHD Coaching Foundations Six Week Course

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# Program Overview



Sunny Love has created a specialized six-week ADHD coaching program focusing on meditation, executive function training, and neuroscience principles. The program is grounded in your neurodiversity-affirming coaching approach while addressing the unique needs of individuals and family systems.

Each week builds progressively, starting with understanding the ADHD brain and family dynamics, then moving through attention management, time perception, emotional regulation, executive function, and finally integration and sustainable growth.

# Six Week Overview

By the end of this program, you will gain a foundational understanding of the neurodivergent brain, attention management, time perception, organization, emotional regulation, and finally integration and sustainable growth.

<b>Week 1:</b> Understanding the ADHD Brain & Family Dynamics	<b>Week 2: Attention Management Through Mindfulness</b>	<b>Week 3: Time Perception and Management</b>
<b>Week 4: Emotional Regulation and Hormonal Influences</b>	<b>Week 5: Executive Function Systems for Home and Life</b>	<b>Week 6: Integration and Sustainable Growth</b>

## Is This Right For Me?

The course is for individuals across the neurodivergent spectrum. The practice employs a comprehensive dual approach that integrates evidence-based mindfulness techniques for ADHD with structured executive function coaching strategies.