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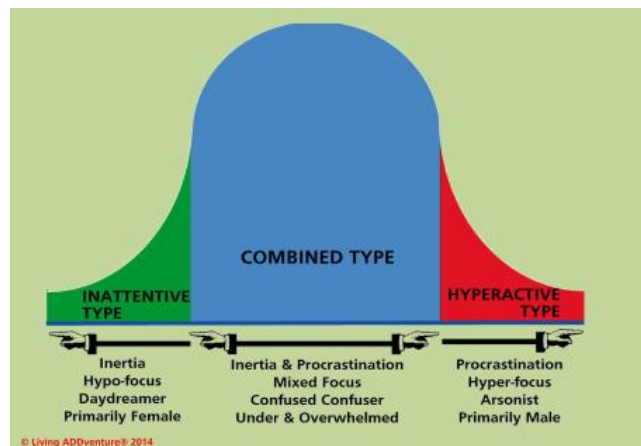
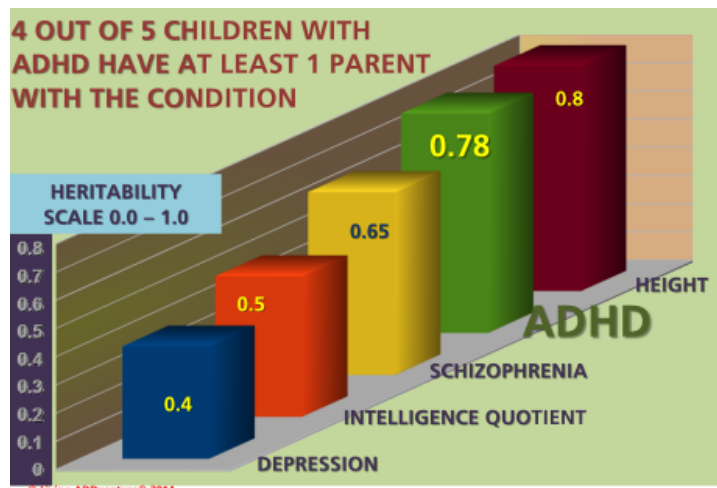


ADHD Coaching Programs for All

Dave Pughe-Parry provides comprehensive coaching and support to all who live with and alongside ADHD.

This is a brief overview of important facts:

- ◆ Four out of 5 children with the condition have at least one parent with the condition
- ◆ ADHD occurs across a continuum from exceedingly hyperactive to the opposite extreme to being almost inert except for tiny almost imperceptible movements
- ◆ Females tend to have what is described as the Inattentive Presentation, but not exclusively, while males tend to have predominantly the Hyperactive Presentation, about 10% each, while 80% have the Combined Presentation.
- ◆ The Pareto Principle – the concept of 80 to 20 – figures significantly in descriptions and definitions of ADHD
- ◆ Depending on diagnostic rates in different countries, the incidence of ADHD is somewhere between 10% and 20% of a population or any group of people.
- ◆ ADHD is a neurological condition – you are born with it, and you will die with it. The best you can do is minimise the negative aspects and maximise the positives aspects – and there are excellent positive aspects.
- ◆ It was previously thought that for every 7 males, there was 1 female. In most countries, that figure has dropped down to 2-to-1, and even equal.



ADHD is most common of all neurological conditions. It always has at least two conditions that walk alongside, anxiety and depression. The conventional wisdom says that if ADHD is diagnosed, then it must be treated, and then you treat what is left. Sadly, this doesn't always happen in practice.

The Living ADDventure® Coaching programs are multi-disciplinary in all aspects covering all aspects of the condition, including dealing with related and co-occurring conditions that always accompany ADHD. The coaching material includes theory in the form of documents, illustrations, video, and audio clips.

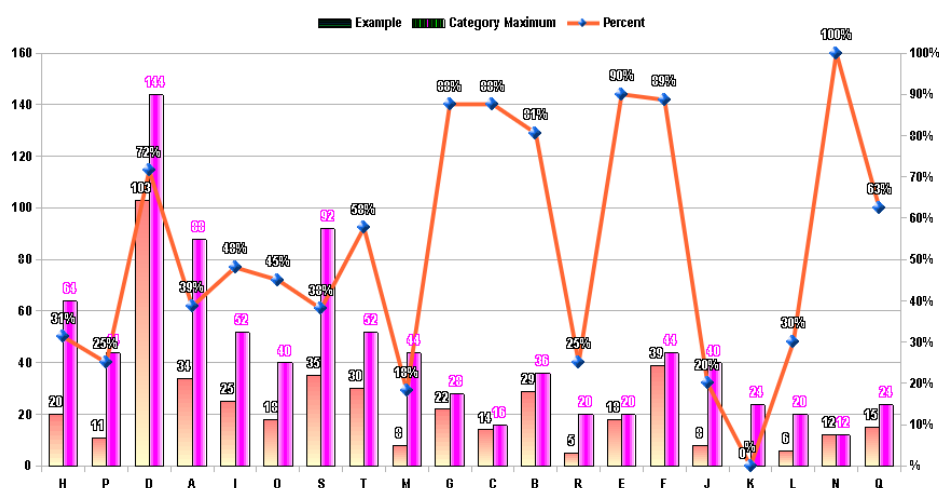
ADHD Diagnosis and Impairments

Living ADDventure® has developed a series of detailed Impairment Assessments that assess the impairments caused by the condition.

There are two groups of 9 symptoms each defined in the DSM V, the diagnostic standard used almost universally

This informs the diagnostician that the patient has – or hasn't got ADHD, and which type of presentation. But that is all.

The impact of a positive diagnosis varies enormously depending on the environmental factors the patient has experienced throughout their lifetime. Our refusal to obey instructions for instance, should be seen as an "incompetence," never as non-compliance. There is a myriad of factors that directly and indirectly influence our future.



program and the individual.

Four Days week an early morning session lasting only between five and 15 minutes is done with the coach. This has proved to be very successful in getting the client to build momentum

ADHD Coaching Methodology

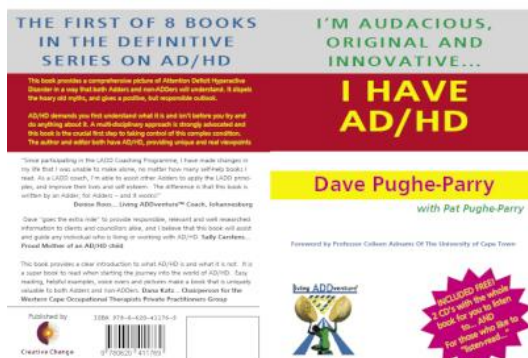
Our coaching is delivered in a comprehensive manner, working with family and medical professionals. The frequency and duration of the sessions are adapted to suit the

from the beginning of the day. The long weekly – or twice weekly - module session still takes place as usual.

Clients have 24/7 access to the coach so that any crises are dealt with as quickly as possible, preventing drama-escalation.

A set of introductory documents curated over 20 years are provided in the beginning. All coaching documents, videos, audio clips, are loaded into a folder that only the client and Dave Pughe-Parry (the founder of Living ADDventure® and teacher) have access to.

The coaching program is carefully constructed to build a solid foundation for all who are involved in the coaching. You need to forget everything you know about ADHD in the beginning. This is to avoid any of the myriad of myths and legends about the condition leading the student astray.



Dave Pughe-Parry created a book about ADHD. Each student is provided with both the eBook and audio versions.

The audio clip, “The Sound of An ADHD Brain” is freely available off the Living ADDventure® website – provided it is not edited or altered. The clip has been downloaded around the world thousands of times over the years.

Each module is taught one-on-one via Zoom. Some modules are only downloaded just before the sessions, and other modules are provided the day before, in which case the session is more of a discussion. Questions can be asked during the session and when doing homework assignments, and if required questions can be asked via email, Telegram, WhatsApp, or Signal.

Each module has homework which seldom requires writing or any other production. In real life, school holidays, illness, family, and plain old daily living can play havoc with the best laid plans. We always try and work at the pace that suits the client.

An Overview of Available Coaching Modules & Training Courses

MODULE	DESCRIPTION
Introduction to the Living ADDventure® ADHD Coaching Plan and the book:	◆ Committing to The Plan and Processes ◆ Useful documents and articles ◆ Your End of Life Party ◆ Your Core Principles
The Christy Module	◆ Dealing with the world effectively ◆ Doing to the world appropriately ◆ Reacting to the world appropriately
De-Liberate Your Thinking	The Thinking Process ◆ Visionary Thinking ◆ Boundary Thinking ◆ Realistic Thinking
Decision Making	◆ The Tyranny of Choice ◆ Right Decisions vs. Good Decisions ◆ Decisions Step-by-Step
All About Goals	◆ Start the process to establish your Awesome ADDventurous Aims ◆ Personal goals and family goals ◆ Goal Inhibitors
Lights Brain Action	◆ Getting started ◆ Finding the right start line ◆ Procrastination versus Inertia

MODULE	DESCRIPTION
	Starting only Once
Inspirational Attitude	- Choosing Wisely - I Can Do This - Being My Best Is the Best I Can Be - Happiness Is The Right Set Of Attitudes
Expectations	- Mutual Expectations - Understanding the expectations you create - Avoiding Perfectionism
Time Management	Understanding Time - Time Wasters - Using the Diary Sheets - Visualising your day - Reviewing Your Day - Learning - Dancing the 2-Step
Failing For Success	- Understanding the benefits of failing - Building your self esteem - Attitude is the key
Communication	- The joy of all-senses listening - Making sense of what you hear - Getting interpretation right 2 Ears—One Mouth - Active Listening overview - Filling the gaps

MODULE	DESCRIPTION
Self-Talk	Making Movies ◆ Fantastic Fantasies—self-absorbed brooding ◆ Fantastic Fantasies—powerful success visions ◆ Thinking with no box restrictions
Social Skills	◆ Understanding your social issues ◆ The 4 primary social issues ◆ Code Behaviour
Principles & Rules	Principles vs. Rules ◆ The Definition of Principles ◆ The Benefits of Principles ◆ The process of developing solid family principles
Codependency	◆ What is Codependency? ◆ Who has codependency? ◆ The “Undo Process”
Creating Consistent Structure	◆ Adapting the Physical Environment ◆ De-cluttering ◆ Minimizing Distractions
Core Principles	◆ Interpreting Your End-of-Life Party ◆ Establishing Your Core Principles ◆ Using core principles in all decision making
Finding Balance	◆ Planning for spontaneity ◆ Work & play and family

MODULE	DESCRIPTION
	◆ Routine—not obsessive control
The Four S's of Discipline	◆ Why Rules don't work ◆ Boundaries and Consequences ◆ Consistent Implementation ◆ Short and Sharp
Forgiveness	◆ Letting go ◆ Being Vulnerable ◆ Resentment and Revenge ◆ Forgiveness Process
Pitching for Your Life	◆ The Goal of Pitching ◆ Concept of One ◆ Know your Answers
Medication Essentials	◆ Medication vs Supplements ◆ Types of Medication ◆ Tiers of Medication ◆ The Empowering Experience of Medication
Surviving * Thriving * Flourishing 3 modules on theme of resisting and smashing bullying	Surviving * Thriving * Flourishing ◆ The Handless maiden ◆ Emotional Resilience ◆ Rising to Untouchability
Life Planning	◆ The Planning Process ◆ Slow and Often Builds Speed

MODULE	DESCRIPTION
	◆ Planning for Spontaneity ◆ Awesome ADDventurous Aims for success
Sexuality	◆ Your most powerful sex organ ◆ Occipital lobe fantasies ◆ Function and Dysfunction ◆ Dealing with distractions ◆ Romance vs lust
Stop – Continue – Stop	◆ Setting boundaries ◆ Setting appropriate consequences ◆ Implementing with confidence

Practical ADHD Coaching Course For Small Groups & Individuals: Relationships

MODULE	DESCRIPTION
Sailing The Good Relation Ship—Overview	◆ Life is a relationship and journey ◆ The four essential types of relationships ◆ We explore the 7 fundamental characteristics required for all successful relationships ◆ Introduction to the many types of love
Sailing The Good Relation Ship—Love	◆ Facets of human love ◆ Five different types of love ◆ Destructive love

MODULE	DESCRIPTION
	◆ Love is a verb
Sailing The Good Relation Ship—Threats	◆ Deceit & Doormats ◆ Dishonesty & Dictatorship ◆ Dependency & Disrespect ◆ The greatest destroyer of relationships
Sailing The Good Relation Ship—The Other Side Of Negative	◆ The positive triangle ◆ The power of positive emotions ◆ Doing positive ◆ S/He has no faults!
Sailing The Good Relation Ship—Taking And Giving	◆ Equality & Roles ◆ Consistent Effort ◆ Strength Actions ◆ Leadership
Sailing The Good Relation Ship—Happiness And Contentment	◆ Our lives are defined by our relationships ◆ Maximum Mutual Benefit ◆ Mental Attitude ◆ Happiness Recipe
Sailing The Good Relation Ship—Respect	◆ Respect And Learning ◆ Respect Signs And Methods ◆ Respect For Self ◆ Respect For Others ◆ Respect For The Relationship

Practical ADHD Coaching Courses For Small Groups & Individuals: Parenting

MODULE	DESCRIPTION
Introduction To ADHD	◆ What it is and what it isn't ◆ ADHD Myths & Legends ◆ How The ADHD Brain Works
The Diagnostic Process	◆ Symptoms vs Impairments ◆ The Types of ADHD ◆ Critical Steps In The Process
Co-Occurring Conditions	◆ 5 Categories of Co-Occurring Conditions ◆ The Extremes Of ADHD ◆ Bi-Polar and ADHD Mood Swings
The Living ADDventure® Basic Treatment Wheel - Multi-disciplinary Treatment	◆ Do I medicate? – that's NOT the right question! ◆ The basic treatment components ◆ Sport and Exercise
Codependency	◆ Characteristics ◆ Behavioural symptoms ◆ Changing the behaviour
ADHD Parenting - The Toughest Job In The World	◆ Lead Lions – don't herd cats ◆ Consistent structure ◆ Half-a-4-letter word ◆ Us against the problem
The Role of The Family - Part 1	◆ Hiding Your Buttons

MODULE	DESCRIPTION
	◆ Parents working together ◆ Setting goals ◆ The Importance of family meetings
The Role of The Family - Part 2	◆ No more rules ◆ Setting boundaries ◆ Determining appropriate discipline ◆ Disciplines 4's
Inspiring Positive Attitude	◆ I can do this ◆ Being my best NOW is the best I can be ◆ Attitude is a decision
Failing For Success	◆ What is failing? ◆ Lazy buds and late bloomers ◆ Enthusiastic failures ◆ Learning from failure ◆ Allowing your child to fail
Communication and ADHD	◆ Everyday communication ◆ Ears and mouth – the correct proportion ◆ Filling the gaps ◆ Engaged listening ◆ Deep sexy voices ◆ Body language
Creating Consistent Structure	◆ Adapting the physical environment ◆ De-cluttering

MODULE	DESCRIPTION
	◆ Minimizing distractions ◆ Family structure

Practical ADHD Coaching Courses For Individuals: Learning & Study Skills

MODULE	DESCRIPTION
Essential ADHD Tools	◆ Mind Mapping ◆ Fountain Pens For The Win ◆ Matrixes for Clarity
Changing For Your Life	◆ Change how you think ◆ Change what and how you do things
Choices & Decisions	◆ The paradox of choice ◆ Good Decisions – Right Decisions ◆ What if....
The Right Attitude	◆ Attitude is a decision ◆ Developing Great Attitude ◆ Attitude and Failure
Making Knowledge	◆ What is knowledge? ◆ C-Q-S ◆ The Three R's
Technology That Works	◆ The Essential Apps ◆ The Secret to working with technology

MODULE	DESCRIPTION
	◆ Timing
Journey to Understanding	◆ Active Listening ◆ Layered Reading ◆ Understanding
The Physical Learning Environment	◆ Room Zones ◆ Dismantle Distractions ◆ Checklists
Managing Time - All The Time	◆ Time truths ◆ Time Control ◆ Time Wasters
Planning For Spontaneity	◆ Planning methods ◆ Plan In Action ◆ Being in Balance
Parents – Partner Module (Usually Done Live)	◆ Why you should be involved ◆ How you should be involved ◆ How to be supportive