

ADHD Coaching Training Request

Dear (X),

As you are aware, there's been a huge increase in the number of people recently seeking support for Attention Deficit Hyperactivity Disorder, with 7 year long waiting lists.

Although many [strengths](#) have been scientifically linked to this neurodevelopmental condition, it's typically diagnosed as a result of significant and long-term impact on a person's day to day life. This means it can be a disability at work, triggering legal duties under the Equality Act, such as to make reasonable adjustments.

As an employee, I would like to be prepared with relevant skills and knowledge to effectively support my colleagues.

This training, '[Understand, Support & Harness ADHD at Work](#)', includes:

- A 3 hour training workshop on 1st May from 9am-12pm on ADHD coaching skills, with opportunities to practice in a psychologically safe environment.
- Lifelong access to a library of lessons and resources to understand what ADHD is & how it can appear at work
- Membership of a supportive community of fellow professionals
- An ADHD Manual to share these resources and learnings with others across the organisation as needed.

The cost of this is £449 (including VAT) and it starts on April 24th. You can email hello@adhdworks.info for more information.

Places are limited so please let me know if this is a possibility as soon as possible.

Thank you very much in advance for your support.

Best wishes,

(X)