



GOLDMIND
Academy

Training Pathways

Certificate in ADHD-specialist Coaching
Certificate in ADHD-informed Coaching
Personal Development in ADHD

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“ADHDers, who’ve spent a lifetime searching for their true selves, deserve nothing less than the best support available.”

Katie Friedman

Co-Founder, Gold Mind Academy





GOLDMIND

Academy

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Welcome

We are delighted that you are considering investing into yourself and wanting to explore ADHD coach training.

Whether you are an experienced coach, interested in becoming a coach or simply wanting to understand ADHD for yourself, **you are so welcome here.**

Gold Mind Academy was a dream of ours that became a reality in 2022 as the world opened up post-Covid - **to provide world class, inclusive, engaging and inspiring ADHD coach training.**

With a blended background in education, psychology and the arts we draw from a diverse heritage to create safe environments for ADHDers **to learn, grow and be transformed.**

This transformation is at the core of everything we do and we would love to partner with you on your journey.

There are **three pathways** that you can join us. This booklet outlines each one and provides you with all the information needed to get started.

We look forward to meeting you!

Katie Friedman & Alex Campbell
Co-founders of Gold Mind Academy



What is ADHD Coaching?

In understanding the essence of ADHD coaching, it's crucial to begin with the foundations laid out by prominent coaching bodies.

The International Coach Federation (ICF), a leading global organisation, defines coaching as “partnering with clients in a thought-provoking and creative process that inspires them to maximise their personal and professional potential.” This definition underscores the collaborative, transformative nature of coaching, emphasising the coach's role in unlocking a client's inherent potential.

The Professional Association of ADHD Coaches (PAAC) further tailors this definition to the specific needs of ADHD clients. PAAC views ADHD coaching as a specialised type of coaching that uses specific techniques designed to

assist ADHDers. Focusing on the unique challenges and strengths of ADHDers, this approach fosters a deeper understanding, acceptance, and effective management of ADHD.

While we align with these foundational principles, we distil the essence of ADHD coaching into a simpler, more direct mantra:

‘Learn you, and do you ON-PURPOSE.’

This encapsulates our belief that true empowerment comes from deep self-awareness and intentional action. Our coaching approach is not just about managing ADHD; it's about embracing your unique self and harnessing your strengths to live a life that is not only successful but also authentic and purpose-driven.



Is Our Training Right for You?

We believe that training to become an ADHD coach isn't just about gaining knowledge—it's a deeply transformative and therapeutic journey that takes commitment and active engagement.

What does this look like in practice?

Here are our 6 key learning principles.

1. Process-Driven Approach

We embrace a process-driven philosophy, fundamentally different from many other coach training providers. We don't start by focusing on the client; instead, we begin with you. Our training aims to help you explore your own experiences, emotions, and understandings. By confronting and understanding your own process, you become equipped to help others navigate theirs.

2. Whole Self Commitment

This course requires your whole self. It's not about ticking boxes or filling in gaps on a resume—it's about transformative learning that changes the way you think, feel, and interact with the world. We encourage people to engage in our online training with 'cameras on' as we value everyone's contributions, no matter where you are on your journey.

3. Prioritising Self-Development

We place self-development at the heart of our training. This emphasis is not an afterthought or a supplementary module—it is embedded from the very start. As future coaches, you will learn to value and engage in continuous self-growth and reflection. We believe that the best coaches continually work towards greater emotional granularity.

4. Understanding ADHD & Ableism

The goal is not only to understand ADHD, the strengths and associated challenges, but also to confront and dispel ableist perspectives we may have unconsciously internalised. This clarity helps us navigate internalised ableism in others.

5. A Neuroaffirmative Approach

Our commitment to a Neuroaffirmative approach underscores the importance of acknowledging and embracing difference rather than deficit. It also means centering the Neurodivergent experience and making explicit neuronormative assumptions so that they can be effectively challenged.

6. Support Throughout Your Journey

We strongly recommend all our students seek the support of an ADHD coach or therapist. This provides a sounding board, an emotional outlet and personal support as you navigate the challenges and triumphs of this transformative journey. Your coach or therapist will not only assist in managing your process and emotions but also valuable insights and perspectives to enhance your learning experience.

The Gold Mind Difference

Our difference is rooted in Katie and Alex's professional expertise in education, psychology, mental health, the creative industries as well as personal ADHD experiences.

This fusion of diverse backgrounds, enriched by their own journeys in coach training, has been pivotal in shaping the academy's ethos and methods.

Recognising a gap in the existing support structures, Gold Mind was conceived to specifically address the unique challenges and aspirations of late-diagnosed adults with ADHD, a group often overlooked in mainstream ADHD discourse.

Gold Mind's transformative approach is woven from six distinct yet interconnected threads, each designed to resonate deeply with the ADHD experience.

1. Developing an ADHD lens

The ADHD lens is all about fostering a deep understanding of our brains, nuancing our past and present experiences, and developing self-acceptance.

2. Embracing Systematic Pauses

To systematically pause, invites the 'speedy brained' ADHDer to raise our own awareness, improve monitoring of our actions, step out of drama, to self-regulate & listen to our bodies.

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The Gold Mind Difference

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3. Re-wilding our strengths

Our natural value driven strengths are something that has been lost. By re-wilding we start appreciating our peaks, making effortless changes to life, building self-validation, shifting from a 'doing' mindset to a 'being' mindset, refocusing short-term to long-term thinking, and ultimately learning a language of positive self-talk.

4. Learning emotional granularity

Emotional granularity about changing our relationship to feelings in order to decipher our needs, understand our boundaries, and give ourselves a chance at winning/ thriving.

5. Re-authoring our narrative

Nearly all late-diagnosed adults have been unintentionally stuck in 'survival mode' and this has become the norm. We keep on the hamster wheel and have no idea why or how to get off. To re-author our narrative is to rewire the survival-mode, to become the main character in our life and unlearn ableism.

6. Making our dreams happen

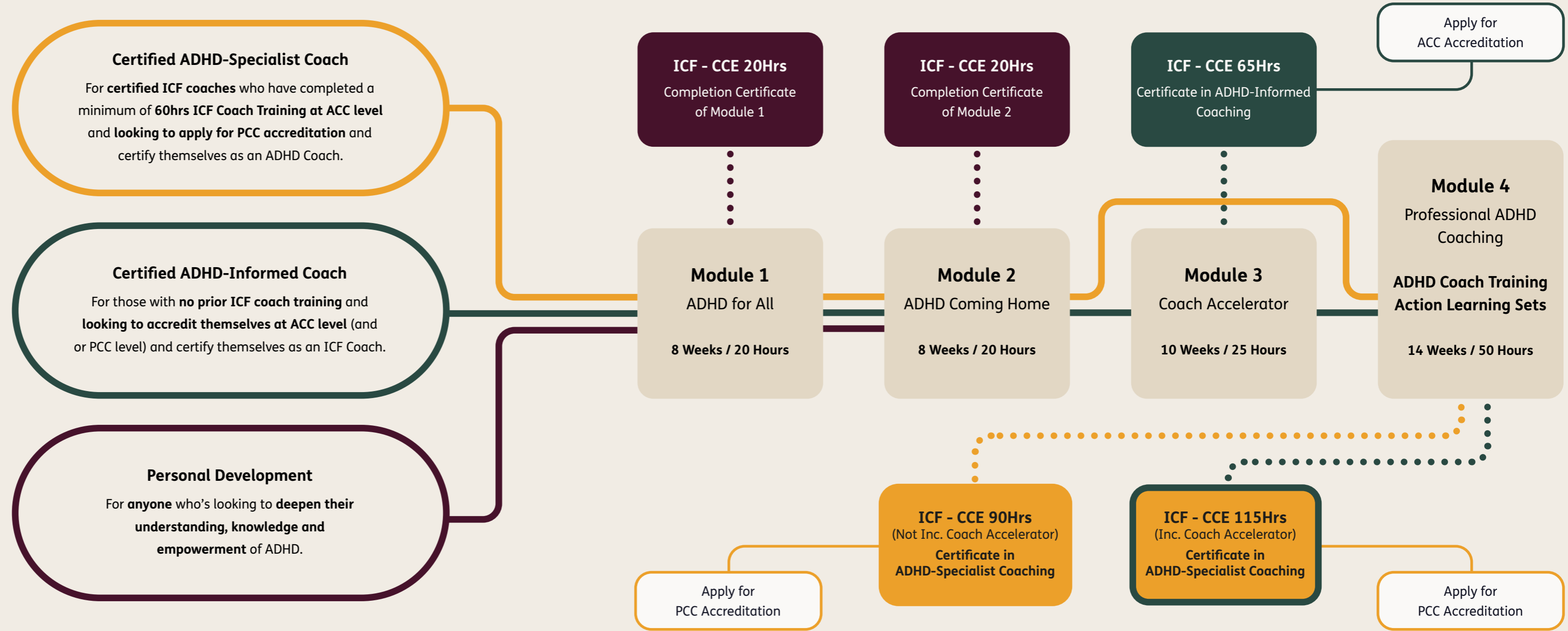
The key to coaching is transformation, for ADHDers, to make our dreams happen, we need to give ourselves permission to go back to a 'child-like' place of wonder and possibility to craft a life with ADHD on purpose.

Our Training Pathways

Everyone is at different stages on their journey.

Maybe you're already a trained coach who's looking to specialise, for some you might be starting from scratch to become an ADHD coach, or maybe you simply want to learn about ADHD in community with others? We have created a 3 different modular training pathways that suit everyone's needs. These pathways are:

- Certified ADHD-Specialist Coach
- Certified ADHD-Informed Coach
- Personal Development in ADHD



Certificate in ADHD-Specialist Coaching

This accredited certification in ADHD-Specialist coaching has been designed for those already coaching with at least 60hrs of ICF accredited training and 100hrs of 1:1 coaching experience.

The course integrates the latest neuroscience research with a deep understanding of the brain's functioning in ADHD. This program is rooted in the principles of Narrative, Transformational and Clean coaching, offering a ADHD-friendly learning environment.

We emphasise the creation of a space where each individual can not only bring, but develop their distinct coaching style.

Through this blend of evidence-based science and personalised coaching methods, our certificate program equips coaches with the knowledge and skills to thrive in ADHD-specialist coaching.

Key Elements:

- Module 1: ADHD For All
- Module 2: ADHD Coming Home
- Module 4: ADHD-Specialist Coaching
- 115 ICF accredited training hours
- Weekly Sessions (online or in-person)
- Up to 16 people per cohort
- 1 Mentor Coach Session
- Online ADHD Community

Earning the Accredited Certificate in ADHD-Specialist Coaching involves a dynamic blend of learning, coaching practicals, and reflective practice. This course is designed with the ICF's PCC competencies and PAAC 5 Essentials in mind, providing challenges that foster personal and professional growth at every stage.

Our goal is to ensure that by the end of this journey, you emerge not only with a qualification but also with a profound sense of confidence and competence in your ADHD coaching abilities.

To find out more about the individual modules, please refer to pages 16-31

To gain certification, you must:

- Complete all 3 modules with minimum 80% attendance
- Listen to each sessions pre-learning audio's
- Submit weekly reflective coaching journals (during module 4)
- Be in 1hr of weekly coaching triads outside of the learning time (during module 4)
- Submit a reflective presentation on your learning and coaching journey (by the end of module 4)
- Submit a 30min recorded coaching session for assessment (by the end of module 4)
- The recorded coaching session assessment is graded as either a 'pass' or 'resubmit'. For resubmissions, detailed feedback will be provided on the areas for development.

Certificate in ADHD-Informed Coaching

Our Accredited Certificate in ADHD-Informed Coaching is an essential foundational program for those new to coaching.

Crafted to align with the ICF's PCC markers, providing a thorough grounding in the structure and dynamics of a coaching session. This course delves into the intricacies of coaching, breaking down sessions to reveal the core components and techniques involved, with a focus on the considerations unique to working with adult clients in an ADHD-informed manner.

Incorporating the latest neuroscience research on ADHD and brain function, the program is underpinned by principles of Narrative, Transformational, and Clean coaching.

We provide an ADHD-friendly learning environment that nurtures the development of each participant's individual coaching style. This course is designed to imbue aspiring coaches with the foundational knowledge and skills necessary for effective coaching, specifically tailored to the nuances of ADHD-informed practices.

Key Elements:

- Module 1: ADHD For All
- Module 2: ADHD Coming Home
- Module 3: Coach Accelerator
- 65 ICF accredited training hours
- Weekly Sessions (online or in-person)
- Up to 16 people per cohort
- 1 Mentor Coach Session
- Online ADHD Community

Earning the Accredited Certificate in ADHD-Informed Coaching involves a dynamic blend of learning, coaching practicals, and reflective practice. Even though this course is aimed at beginner coaches, the skills taught are in line with the ICF's PCC (professional certified coach) markers, providing a robust coaching framework.

Our goal is to ensure that by the end of this journey, you feel confident in your understanding of ICF coaching and feel equipped with the skills needed to begin your ADHD coaching practice.

To find out more about the individual modules, please refer to pages 16-26

To gain an ADHD-informed certification, you must:

- Complete all 3 modules with minimum 80% attendance
- Listen to each sessions pre-learning audio's
- Be in 1hr of weekly coaching triads outside of the learning time (during module 3 only)
- Submit a reflective presentation on your learning and coaching journey (by the end of module 3)
- Submit a 30min recorded coaching session for assessment (by the end of module 3)
- The recorded coaching session assessment is graded as either a 'pass' or 'resubmit'. For resubmissions, detailed feedback will be provided on the areas for development.

Interested in the Certification in ADHD-Specialist training?
You need to allow time to accrue the required 100 coaching hours between completing module 3 and starting module 4.

“Alex and Katie are present, they bring their whole selves and they don’t apologise and it gives permission to be yourself too. I followed the first two modules and

I learnt so much about myself and I met some amazing people. Then I did module 3 and it really stretched me and gave me clear and clean frameworks.

I have finished feeling confident I can do this.

What Alex and Katie have done here is create the perfect springboard for us to activate on our goals and dreams of becoming certified, credentialed and ADHD coaches.”



Frances Massey Participant,
Certificate in ADHD-Informed Coaching

Personal Development in ADHD

This pathway is for those not interested in coaching but are simply looking to learn about ADHD in community with other like-minded learners, whether they are an ADHDer or an ally. We welcome all neurotypes!

This pathway includes our first 2 modules - Module 1: ADHD for All and Module 2: ADHD Coming Home.

More details on these can be found on pages 16-22.

To gain a certificate of completion, you must:

Complete both modules with minimum 80% attendance and listen to each sessions pre-learning audio's.

Key Elements:

- 2 Modules
- Module 1: ADHD For All
- Module 2: ADHD Coming Home
- 40 ICF accredited training hours
- Up to 16 people per cohort
- Weekly Sessions (online via Zoom)
- Online ADHD Community



“I loved everything about ‘ADHD Coming Home’ - but it is the language that they used throughout that is my key take away. They found words and phrases that perfectly captured my ADHD experience and that of the people I work with as a coach.

From ‘coming home’ - which is exactly how it feels to drop the mask and be my authentic self in work and relationships, to the technique of ‘systematic pausing’ which is a life saver, the ‘fire break’ that makes it possible to manage energy, reflect, consolidate etc.

and ‘interpreted reaching out’ which encapsulated my childhood experience.

In a way, ‘coming home’ provided a weekly systematic pause, giving that time in a safe protected space with people who instinctively ‘got it’, where ideas and experience could be explored, and re-authored to serve my purpose going forward.”



Pippa Simou Participant,
Module 2: ADHD Coming Home

Module 1: ADHD for All

This 8 week module is designed to help you better understand ADHD and its impact on your life and the lives of those around you.

The learning is structured around Dr. Thomas E Brown's, 6 Executive Functions model. You'll increase your knowledge and understanding, begin to normalise the everyday experience of ADHD and gain practical strategies and techniques.

Session 1 - Introduction

We begin with how we want to show up in a group learning environment, get to know your cohort peers and the key models and concepts we will be using throughout the course.

Session 2 - Activation

We explore the ADHD lens on Activation, what gets in the way, workarounds and how and when we can Activate or Deactivate best.

Session 3 - Focus

We explore the differences between sustaining vs breaking focus and how we shift focus to tasks. We use discussions and experiential creative exercises to reflect on key concepts in relation to Focus.

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Session 4 - Effort

We explore what we mean by effort and how we sustain it, regulate our alertness and our processing speed. We will use a variety of exercises to help us engage with effort and management of our energy.

Session 5 - Emotion

We explore overwhelm, managing frustration and modulating our emotions. In this session we discuss our key concepts in relation to emotion through the use of live and engaging case studies.

Session 6 - Memory

We explore the importance of Systematic Pausing and use breakout rooms to discuss Memory. Get to grips with how we utilise working memory, access information recall and hold multiple thoughts.

Module 1: ADHD for All

Session 7 - Action

We explore the awareness of our actions, the regulation of the pace of actions and modifying behaviour to fit circumstances. In groups we discuss the pre-learning and share positive re-frames of the Executive Functions.

Session 8 - Self-Recovery

In our final session, we explore what we mean by self-recovery followed by an overview of the Thrive recovery model. We also cover self-compassion, self-acceptance and the importance of understanding ourselves and our feelings as a way into getting our needs met.

Module 1: ADHD for All

Module Highlights

- 8 weeks of online Zoom sessions (2.5hrs p/ week)
- Structured on 6 Executive Function model
- Key concepts include:
 - Intersectionality
 - Situational Variability
 - Drama/Winning Triangle
 - VIA Character Strengths
 - Spiky Profile
 - Interest-Based Brain (& Nervous System)
 - Window of Tolerance (PolyVagal Theory)
 - Inner World of Not Knowing
 - Ditzler's Model of Self
 - Systematic Pause
 - Input-Output Information Processing

What does an average Module 1 session look like?

9.15am: Wins on the week, objectives & the agenda

9.25am: Contracting (how to be 'Brave, Kind & Present')

9.40am: Breakout time - on decision making

10.00am: Experiential activity on focus

10.05am: Breakout time - reflecting on activity

10:45am: Breakout time - group activity on Activation

11.10am: Groups present

11.35am: Finals words & close (at 11.45am)

“What I really value about the course is that you (the facilitators) share your realisations in real time so we are learning alongside you which is so much more valuable than ‘a time when’. It’s huge!”

**Previous Participant,
Module 1: ADHD for All**



“We keep getting offered more twinkling lights that are opportunities to connect things and make meaning. I am being invited to be in it when I need to be but also to have perspective and step back and interact between those two positions in a way that works for me.”

**Previous Participant,
Module 1: ADHD for All**

Module 2: ADHD Coming Home

This 8 week module is designed to help you understand the narrative of yourself before knowing about ADHD, after you knew, the journey it took to get there, and what ADHD on purpose could look like now.

The module is structured around the THRIVE Recovery model and Narrative Coaching/Therapy to help you gain clarity on how you see yourself, both prior to diagnosis (or before knowing) and then going deeper into what the story is about who you are now.

We will explore our strengths and how we need to be systematic in compassionately shifting the often negative narrative view to one of empowerment!

Session 1- Introduction

We introduce the THRIVE recovery model and why we use this structure to follow on from Module 1. We explore the integration of Narrative Coaching/therapy, Self-Recovery & this modules key themes.

Session 2 - Taking Stock

We explore journalling and use breakout time to engage with our personal ADHD narrative and how it changes. We discuss the importance of intersectionality, and 'owning the hiding' and why it wasn't safe to own different parts of you.

Session 3 - Harvest Hope

The role of strengths and the shift from 'doing to being'. Sharing personal stories and anecdotes of how strengths can invite us to move into the 'Winning

Triangle'. We discuss focusing on strengths, who we become and how we view others.

Session 4 - Re-authoring

The importance of de-constructing our narratives. We engage in the process of re-authoring and how each stage helps you - using our own experiences.

Session 5 - Introspection

How to get clarity on your 'positive change narrative' and your process. We compare measurement and comparison mindsets vs when you affected positive change and the 'art of possibility'.

Session 6 - Endings

The grief of 'Woulda, shoulda, coulda' along with how

ADHDers process emotions differently - how we skip to the end and work backwards. We also reflect on ADHD processing as non-linear with the relationship of disability and ADHD.

Session 7 - New Beginnings

We explore the 'art of possibility' at a greater depth. How we can move forward from an empowered place and how we can communicate change to ourselves and to others.

Session 8 - Owing & Appreciating

This final session uses breakout rooms and group discussion to reflect on the learnings of the course and how we can engage these in our coaching. We wrap up with final words and appreciations.

Module 2: ADHD Coming Home

Module Highlights

- 8 weeks of online Zoom sessions (2.5hrs p/ week)
- Structured on THRIVE Recovery model
- Key Concepts include all of module 1 with the addition of:
 - Big 'T' & little 't' trauma
 - Interrupted Reaching Out
 - What's Mine, What's Yours?
 - Emotional Granularity
 - Needs & Boundaries
 - Personalising Received Wisdom
 - HALTS HB (needs model)
 - Do-Be-Have Model

Please note, this module is taken as a follow on from Module 1: ADHD for All and cannot be taken on

its own. Both Module 1 and Module 2 are prerequisites to our Certification in ADHD-Informed Coaching and Certification in ADHD-Specialist Coaching

What does an average Module 2 session look like?

9.15am: Wins on the week, objectives & the agenda

9.25am: Mindful Systematic Pause exercise

9.30am: Contracting (how to be 'Brave, Kind & Present')

9.40am: Group exercise of ADHD Narrative model

10.00am: Breakout time - to process Narrative model

10.20am: Group feedback time

10:45am: Mapping Strengths Exercise

11.00am: Breakout time - Mapping Strengths model

11.15am: Group feedback time

11:30am: Guided journalling

11.35am: Final words & close



“Instructional design felt seamless. Alex & Katie took us through a process and I was going deeper and deeper and it was broadening and broadening and we came out the other side. It was pauses and a real mix of physical, body verbal, emotional, writing that put together made it a stonking module. It was the first time I am recognising the wider societal picture and felt I had a stand in this and a stake in this.”



Avon Harpley Participant,
Module 2: ADHD Coming Home



Module 3: Coach Accelerator

This 10 week module is designed to get you confidently coaching, right away.

We have structured the learning around the ICF's PCC Core Competencies. Each week, will build on the learning and give ample opportunity to practise coaching and be given feedback to develop and hone your coaching skills.

Session 1 - Introduction to Coaching

We define what coaching is (and isn't) and the role of a coach. The difference between coaching and other helping professions and introduce the ICF core competencies and code of ethics.

Session 2 - Building the Coaching Relationship

Building trust and rapport with clients. Practice active listening skills and asking powerful questions as well as how to introduce the coaching agreement and establishing goals.

Session 3 - Establishing a Coaching Presence

The coach's presence and self-awareness. Discuss the use of intuition and instincts in coaching. Practice mindfulness and presence exercises.

Session 4 - Communicating Effectively

Clear communication and feedback. Practise active listening and providing effective feedback. Explore the role of language in coaching.

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Module 3: Coach Accelerator

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Session 5 - Creating Awareness

The importance of creating awareness with clients. Practice techniques for helping clients identify their beliefs, values, and assumptions. Explore the use of assessments and tools in coaching.

Session 6 - Designing Intentions

Actions and planning. Practice discovering actions with clients and explore the use of character strengths in strength-based action planning.

Session 7 - Planning and Intention Setting

Intention setting and planning. Practice Strength based interventions and creating plans to meet intentions and explore the use of visioning and visualisation in coaching.

Session 8 - Managing Progress & Boundaries

The importance of progress and boundaries in coaching. Practice monitoring progress and providing feedback. Explore the use of self-reflection and self-assessment.

Session 9 - Coaching for Change

Change and growth in coaching. Practice techniques for facilitating change and explore the use of challenging assumptions and beliefs.

Session 10 - Putting it all together

We review the ICF core competencies and code of ethics. Discuss setting up a practice and marketing for clients. Discuss the ACC accreditation process and next steps for becoming a certified coach.

Module 3: Coach Accelerator

Module Highlights

- 10 weeks of online Zoom sessions (2.5hrs p/week) or in-person)
- Structured on ICF's PCC Markers
- Key Concepts include all of module 1 & 2 and:
 - Incisive Questioning
 - Clean Coaching
 - Transformational Coaching
 - ADHD-informed lens

Please note, both Module 1 & 2 are prerequisites to our Certification in ADHD-Informed Coaching and ADHD-Specialist Coaching. Module 3 can only be taken after completing Modules 1 & 2.

Important: For those looking to continue onto module 4, you will need to have a minimum of 100

coaching hours before starting this module. Therefore, a break between the 2 modules is advised to give you time to get some ADHD coach hours under your belt.

What does an average Module 3 session look like?

9.15am: Wins on the week, objectives & the agenda

9.25am: Body-scan exercise

9.30am: Contracting (be 'Brave, Kind, Present & Fun')

9.40am: Group discussion on Establishing & Maintaining Agreements markers

10.00am: Breakout - practise coaching skills and markers

10.20am: Group feedback time

10:45am: Coaching demo (on arc of the coaching session)

11.00am: Breakout time - in triads to practise coaching arc

11.15am: Group feedback time

11:30am: Reflection journalling

11.35am: Finals words & close (at 11.45am)



“The confidence I’ve gained in sessions, contracting, and meeting PCC competency markers is invaluable. Katie & Alex’s ability to create a fun, engaging, and welcoming environment truly sets this program apart. Gold Mind is more than coaching training; it’s like a gateway to a toolbox and a community of like-minded individuals”



Laura Fair Participant,
Module 3: Coach Accelerator



Module 4: ADHD-Specialist Coaching

This 14 week comprehensive module is the 4th and final part of our training program.

We have structured the learning around 5 PAAC Essentials; Safety, Collaboration, Wonder, ADHD Lens, and Action in conjunction with the ICF's PCC markers. This ensures a comprehensive approach, encompassing a wide spectrum of ADHD coaching techniques and methodologies.

Session 1 - What is ADHD coaching?

The key distinctions between ICF, PAAC and Gold Mind's definitions of ADHD coaching. We cover the outline and lay a foundation for the journey ahead including expectations, triad groups and work outside of the learning sessions.

Session 2 - The coach & starting the session

What to consider when starting a session with ADHDers and the different needs in getting an agreement. We nuance the PCC markers and empathise with the importance of considering Executive Functions when helping a client get into the best thinking 'state of mind'.

Session 3 - Building your ADHD lens

The use of models in coaching and why they are so valuable to ADHD coaching. We explain the 6 threats of ADHD coaching and how to integrate that into coaching practice.

Session 4 - How trauma presents

How trauma can present in ADHD coaching clients and what this means for the coach and the work in coaching. Dive deep into important themes and factors to consider

and ethical boundaries that often get overlooked.

Session 5 - Working with trauma

How ADHDers can present with trauma responses when in an ableist system and in drama with themselves. Get practical on how to surface and evoke awareness in order to empower our clients.

Session 6 - Building self-validation

The key success factors in ADHD coaching - empowering clients to self-validate (instead of by coaches or others) via re-focusing on their strengths and facilitating the all important mental shift of doing to being.

Session 7 - Narrative work

How to use narrative coaching to facilitate positive

re-authoring of clients stories. We delve into the understandings of why re-authoring is so important for ADHDers due to negativity bias and a heightened nervous system.

Session 8 - Ableism & Acceptance

How alive ableism can be in the coaching space, for both coach and client - and how we can help our clients unpack their own internalised ableism. We explore how clients can shift from normalising to acceptance to empowerment of their ADHD experiences in order to take positive action.

Session 9 - Wonder!

Understanding of the psychology of 'Wonder' in coaching and how important it is in serving ADHDers. We practise using 'Wonder' in your coaching conversations.

Module 4: ADHD-Specialist Coaching

Session 10 - ADHD Actioning Part 1

How ADHD clients take action well and when they struggle to take action and why this may be. We cover when actions need to be practical and when they need to be profound shifts in thinking.

Session 11 - ADHD Actioning Part 2

The challenges that come with different Time perceptions of ADHDers, and how to work with this in coaching. We also cover managing time in coaching and what helps to land coaching sessions well and how our own time perception differences get in the way of this.

Session 12 - Clean on-boarding & contracting

The unique needs that ADHDers have when thinking through how to on-board new clients as well as what to consider when it comes to big 'C' contracting.

Session 13 - Designing a program

The structure of how to design an ADHD coaching program and what considerations need to be taken into account when adapting to different Neurodivergent clients' needs as well as our own.

Session 14 - Endings & celebrations

Reviewing what we have covered in the course, personalising the learning journey to each student and the ethics of ending with clients. We finish the course with a celebration each other strengths and personal growth.

Module Highlights

- 14 weeks online Zoom sessions (3.5hrs p/week) or in-person)
- Structured on 5 PAAC Essentials
- Key Concepts include all of module 1 & 2 with the addition of:
 - 6 Thread Model of ADHD coaching
 - Incisive Questioning
 - Clean Coaching
 - Transformational Coaching
 - ADHD-specialist lens

Please note, both Module 1 and Module 2 are prerequisites to our Certification in ADHD-Informed Coaching and ADHD-Specialist Coaching.

What does an average live session look like?

9.15am: Wins on the week, Session objectives & the agenda

9.25am: Advanced Systematic Pause exercise

9.30am: Contracting (how to be 'Brave, Kind, Present & Fun')

9.40am: Explore the ADHD threads model

10.00am: Breakout - models in coaching conversations

10.20am: Group feedback time

10:45am: Coaching demo to group (on using models)

11.00am: Breakout - getting 'wonder' into conversation

11.10am: Group feedback time

11:15am: Reflection journaling

11.45am: Learning Arena (Goldfish bowls, triad work, Action Learning Sets)

1.00pm: Close

In-Person Coach Training

For those who prefer a more intensive and interactive learning experience, we offer in-person training options for our coach specific modules.

Our Module 3: Coach Accelerator and Module 4: ADHD-Specialist Coaching are available as in-person alternatives to their online Zoom counterparts, covering the same comprehensive material in a dynamic, face-to-face setting.

Module 3: Coach Accelerator is hosted in the stunning surroundings of the converted monastery Hotel Palacio De Santa Paula in Granada, Spain. This unique setting provides an inspiring backdrop for deep learning and professional growth.

Module 4: ADHD-Specialist Coaching takes place in the tranquil and picturesque location of Falmouth, UK, right on the waterfront at The Greenback Hotel. This serene environment is ideal for focused learning and reflection, away from the hustle and bustle of everyday life.

In-person training offers an opportunity not only to absorb the material but also to engage directly with trainers and fellow participants, enhancing the overall educational experience.

All future in-person training module dates can be found on our website at goldmindacademy.com



Personal Learning and Support

We deeply value the unique learning journey of each participant and are committed to providing support throughout your learning experience with us. Below are the key areas of support we offer:

Online Gold Mind Community

A month before your start date, you'll receive details to join our online private community, hosted on the Circle platform. This is a hub where all learning resources are accessible, allowing you to interact with fellow cohort members, connect with the wider Gold Mind community, share resources, and seek support.

Zoom Sessions

All our online sessions are conducted via Zoom. You will receive all necessary details for these sessions as part of your on-boarding process and through our Circle platform. Please ensure you have a Zoom account set up before joining our first session.

Pre-Learning Materials

To enhance your learning experience, Alex & Katie have prepared 30-minute private podcast episodes for each session. It's expected that you listen to these before each session to gain clarity and insight into the upcoming topics. These podcasts, along with accompanying booklets for each module, are available through our online community platform.

Triad Coaching Groups

For Modules 3 and 4, you'll be assigned to a triad - a coaching group of three from your cohort. You will coach each other weekly, rotating roles between coach, coachee, and observer. These sessions are self-organised and run parallel to our regular weekly Zoom meetings.

Private LinkedIn Group

Upon graduation, you'll be invited to join our exclusive LinkedIn professionals group. This is a platform for you to connect with other graduates and continue being part of our community.

Coach Directory (Launching in 2024!)

Graduating from our program opens the door to being featured in our ADHD Coach Directory, set to launch in early 2024. This is a fantastic opportunity to showcase your skills and connect with potential clients.

Systematic Feedback

We offer an opportunity at the end of Zoom sessions to give live feedback. While we strive to action in real-time, not all can be integrated, but each contributes to the ongoing evolution of our courses. Participants also have the option to send feedback later, ensuring continuous improvement and adaptation in our learning approach.

ICF Accreditation

All our training has been ICF (International Coach Federation) accredited. This means that our training has met their rigorous standards and ethics.

Being ICF accredited is crucial for coaches and professionals who want to establish themselves as reputable professionals in the coaching and people development industry.

Being accredited also ensures that anyone undertaking our training, whether a coach or not, has received comprehensive training, possesses essential coaching skills and adheres to a strict code of ethics.

By completing our training, you will receive a Certificate of Completion and be awarded the below number of CCE (Continuing Coach Education) hours:

Certificate in ADHD-Specialist Coaching

90hrs (if completing Modules 1, 2, 4)

115hrs (if completing Modules 1, 2, 3 & 4)

Certificate in ADHD-Informed Coaching

65hrs (by completing Modules 1, 2, & 3)

Personal Development in ADHD

40hrs (by completing Modules 1 & 2)





Need More Information?

Still have some questions? You are not alone! We offer a number of ways you can get them answered.

We run free monthly Q&A sessions for anyone interested in our training. These are a great way to meet the founders of Gold Mind, Alex and Katie and get any of your burning questions answered.

To book into a future session please visit:

goldmindacademy.com/questions

If you would prefer a 1:1, you can chat with one of our student ambassadors who has completed their Gold Mind training.

To book into a 1:1 session, please visit:

goldmindacademy.com/ambassador

For any general information and future cohort dates please visit our website, or contact us via:

hello@goldmindacademy.com.

Ready to Apply?

If you are ready to take that step and invest in yourself, we would love to be a part of that journey! The steps to apply are as follows:

1. Read & sign our terms and conditions
2. Select the modules or package to enrol on
3. Choose whether to pay-in-full or split payments
4. Check out and receive an enrolment confirmation

Closer to your course starting you will receive details to join our online community hosted on the Circle community platform. Here you will find all the details needed to get started, your learning materials, meet and chat with your fellow cohort members and the zoom details for all the live online sessions.

If you need any help with the enrolment process we're more than happy to assist, please contact us via;

hello@goldmindacademy.com

We look forward to meeting you soon!





Let's talk;

Email us:

hello@goldmindacademy.com

Monthly Q&A Sessions:

goldmindacademy.com/questions

To book into a 1:1 session, visit:

goldmindacademy.com/ambassador

goldmindacademy.com

