

Friday Forum: Making Time for Success

Converting intentions into actions

Announcement

“Mastering one’s life starts with understanding one’s brain.”

Cameron Gott, PCC, *Curious Accountability*

Welcome to the **Friday Forum: Making Time for Success**. The purpose of this group is to help individuals learn from each other to better understand their own brain. Most members of this group have been diagnosed with ADHD or strongly suspect they have this unique brain chemistry. Everyone has been personally invited to participate.

Focus:

Over the six weeks of the group your field work will be to develop an owner’s manual for your brain. The article from *ADDitude Magazine* that inspired this idea is titled: “Secrets of Your ADHD Brain.” The link is below.

<https://www.additudemag.com/secrets-of-the-adhd-brain/>

Dates and times:

- Friday, April 13 at 10:00 – 11:00 a.m. (Pacific Time)
- Friday, April 27 at 10:00 – 11:00 a.m. (Pacific Time)
- Friday, May 11 at 10:00 – 11:00 a.m. (Pacific Time)
- Friday, May 25 at 10:00 – 11:00 a.m. (Pacific Time)
- Friday, June 8 at 10:00 – 11:00 a.m. (Pacific Time)
- Friday, June 22 at 10:00 – 11:00 a.m. (Pacific Time)

Conference call information:

Dial-in number: 1-857-216-6700

Conference code: 458420

Please dial in at 9:55 a.m. so we can start right at 10 a.m.

Pricing Options

- \$25 per session for a total of \$150 if paid in full by credit card or check prior to the first session
- \$35 per session for a total of \$210 if paid monthly by credit card at the beginning of each month (\$70 per month)

Kathie England, Certified ADHD Organizer Coach®

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