

## **Friday Forum: Making Time for Success – Summer 2018**

*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, July 13 at 10:00 – 11:00 a.m. (Pacific Time)
- Friday, July 27 at 10:00 – 11:00 a.m. (Pacific Time)
- Friday, August 10 at 10:00 – 11:00 a.m. (Pacific Time)
- Friday, August 24 at 10:00 – 11:00 a.m. (Pacific Time)
- Friday, September 14 at 10:00 – 11:00 a.m. (Pacific Time)
- Friday, September 28 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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