**Improve Executive Functions**

*with Mindful Self-Management®*

A Group Coaching Program for Adults with ADHD

*This group is for you if you would like to…*

- Better manage your time and stay focused on what’s important to you
- More easily start *and finish* projects that bring meaning and accomplishment
- Have a more consistently positive mood, sustained energy, and healthier habits

*Come learn essential time-management, organization, and planning skills and discover how mindfulness can help improve your attention and focus*

~ NEW FOR FALL 2017 ~

Tuesday Afternoons, October 3 – December 19, 2017
Noon – 2:00 p.m.
Penn Adult ADHD Treatment & Research Program
3535 Market Street, Philadelphia, PA

**Tuition:** The cost is $1,200 for the 12-week program, providing over 25 hours of coaching and including course materials. Tuition can be paid in two installments of $600, paid in full by the 3rd group session.

**Eligibility:** This class is for adults who have been diagnosed with ADHD; as well as for those whose challenges with executive functioning have led them to suspect they may have ADHD, and who plan to pursue assessment. Young adults with college or work experience are welcome. A brief telephone interview with the facilitator is required to assess suitability for the program.

The groups are facilitated by Lisa Joy Tuttle, MA, BCC, an executive skills and career coach with over 25 years’ experience in the human development field and specialized training coaching people with ADHD. Her *Mindful Self-Management®* program integrates current understandings of behavior change, mindfulness, and ADHD to increase her clients’ and students’ personal effectiveness and life satisfaction.

*Space is limited and enrollment is open now.*

To express interest, please contact

Lisa Joy Tuttle, MA, BCC, CSS
Individual and Group Executive Skills and Career Coaching
lisatut@mail.med.upenn.edu ~ 484-843-1569