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

~ FALL 2016 ~
THREE GROUPS • TWO LOCATIONS

<table>
<thead>
<tr>
<th>MAIN LINE</th>
<th>UNIVERSITY CITY</th>
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<tbody>
<tr>
<td>Penn Medicine at Radnor</td>
<td>Penn Adult ADHD Treatment and Research Program</td>
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<tr>
<td>250 King of Prussia Road, Radnor, PA</td>
<td>3535 Market Street, Philadelphia, PA</td>
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| Tuesday Evenings | Tuesday Mornings
| November 1 – January 17 | November 1 – January 17
| 6:30 – 8:30 p.m. | 10 a.m. – Noon |

Tuition: The cost is $1,200 for the 12-week program which provides 30 hours of coaching and includes 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 group is 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 in coaching people with ADHD. Her Mindful Self-Management® program integrates current understandings of habit 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
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