Mindful Self-Management® Summer Seminar

An Executive Skills Coaching Group for Adults with ADHD
8-Weeks ~ Thursday Evenings ~ 6:30–8:30 p.m.

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<th>Session</th>
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| Session 1 | June 8   | Intro to Executive Functions & Mindful Self-Management®
Eight Steps to Mindfulness: Mindfulness Awareness Practices (MAPs)
MAP Step 1: Attention and the Five Senses |
| Session 2 | June 15  | Time Management: Time Awareness & Scheduling
MAP Step 2: Mindful Breathing |
| Session 3 | June 22  | Time Management: Making Tasks Manageable & Rewarding Yourself
MAP Step 3: Mindfulness of Sound, Breath, & Body |
| Session 4 | June 29  | Time Management: Prioritizing & Planning
MAP Step 4: Mindfulness of Body Sensations and Movement |
| Session 5 | July 13  | Time Management: Overcoming Emotional Obstacles to Implementation
MAP Step 5: Mindfulness of Thoughts |
| Session 6 | July 20  | Intro to Organizing: Setting Up an Organizational System
MAP Step 6: Mindfulness of Feelings |
| Session 7 | July 27  | Implementing and Maintaining an Organizational System
MAP Step 7: Mindful Listening & Speaking |
| Session 8 | August 3 | Putting it All Together: Looking to the Future
MAP Step 8: Mindful Decisions & Actions |

Plan a Project—Get it Done!

Over the 8 weeks participants will apply their learning toward the completion of a project of their own choosing.

Refresher Sessions – Tuition includes participation in Refresher sessions offered every few months throughout the year to support group members in maintaining the skills and practices they learn in the Seminar.

Make-Up Sessions – In the event sessions need to be rescheduled, make-up session dates will be announced. Participants needing to miss one or more sessions may schedule private individual make-up sessions by phone.