Mindful Self-Management® Summer Seminar

An Executive Skills Coaching Group 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

SUMMER 2016 ~ IN UNIVERSITY CITY

Thursday evenings ~ 8 weeks
June 9–July 28 ~ 6:30–8:30 p.m.
Penn Adult ADHD Treatment & Research Program
3535 Market Street, Philadelphia, PA 19104

Tuition: The cost is $850 for the 8-week program which provides 16 hours of coaching and includes course materials. Tuition can be paid in two installments of $425, 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 functions lead them to suspect they have ADHD, and who plan to pursue assessment. Young adults with college or work experience are welcome. A brief phone 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 signature program Mindful Self-Management® integrates current understandings of habit change, mindfulness, and ADHD to increase her clients’ personal effectiveness and life satisfaction.

Space is limited and enrollment is open now

To express interest, please contact

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