

Course details

Course title

Understanding ADHD: Living with ADHD

Course code

Q00016655

Course date

Start: 06/12/24

End: 20/12/24

Number of classes

3 sessions

Timetable

Fri 6th Dec, 10:00 to 13:00

Fri 13th Dec, 10:00 to 13:00

Fri 20th Dec, 10:00 to 13:00

Tutor

Sanjaya Grero

Fee range

Free to £33.30

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Beginners

Course overview

Feeling disorganized, forgetful, or struggling to focus? ADHD (Attention Deficit Hyperactivity Disorder) might be the reason. This course explores the realities of living with ADHD, empowering you to understand the symptoms, navigate challenges, and discover strategies for success at home, work, and in relationships.

Course description

Demystify ADHD and gain valuable tools for managing its impact on your daily life. This comprehensive course dives deep into the world of ADHD, exploring its various forms, common symptoms in adults and children, and potential co-existing conditions.

You'll gain a deeper understanding of how ADHD affects focus, organization, time management, and emotional regulation. Learn practical strategies to overcome challenges, improve productivity, and build self-esteem.

The course equips you with effective communication techniques to advocate for yourself or your child in educational and professional settings. You'll also discover helpful lifestyle adjustments, time-management hacks, and organizational tools specifically designed for those living with ADHD.

Whether you're a recent diagnosis seeker or someone who's been managing ADHD for years, this course empowers you to embrace your strengths, navigate challenges, and thrive in all aspects of life."

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government

funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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