



ADHD Education Webinar *by* *ADHD Coach Kim Fuller*

Date & Time

One-off 60 minutes webinar

- 12 May (Tue) 2pm-3pm, or
- 13 May (Wed) 5.30pm-6.30pm

Delivery

The program will be run online via the safe and secure Zoom video platform. A unique link to access the video sessions and instructions for using the Zoom software will be sent to each participant once their registration is confirmed.

Cost

\$80 per person

This includes the cost of the introductory workshop and a complimentary 20 minute personal coaching session online with Kim Fuller

Register

Email: ADHD@mind oasis.com.au



Webinar Outline

How To Redirect Negative Thoughts & Soothe Anxiety

Overthinking and ruminating are often part of living with ADHD. No matter how hard you try to ignore them, negative thoughts can keep coming back, replaying themselves in an infinite loop.

When your mind is burdened with recurring thoughts, it not only affects your ability to focus and learn, but also saps your energy, affects your relationships, physical health, overall behaviour and self-esteem.

What you resist persists. Negative thoughts are like magnets, they attract other negative thoughts into your mind. The more you try to ignore them, the more persistent and automatic they become. Like many ADHD challenges, “trying harder” isn’t the solution.

In this group session, you’ll learn:

- Why people with ADHD are more susceptible to negative thoughts and rumination
- How to redirect your thoughts and stay focused on what matters most
- How to detach negative self-talk from your ADHD to see situations more clearly

This webinar will be conducted live via Zoom with a recording provided within 24 hours or if you miss the live session you can catch with the replay.



Kim Fuller – Biography

Kim Fuller is an ICF Certified Executive Coach and Mentor with specialist training in ADHD, Brain Health, Mindfulness and Integrative Nutrition.

Diagnosed with ADHD, Kim offers unique and personal insight into many of the challenges faced by her clients. Her strength-based approach, empathic ear and positive perspective empower her clients to embrace their unique differences, balance the demands of work and home more confidently and integrate healthy, sustainable change into their daily lives for total well-being.

With over 200 hours of accredited training to her name, Kim offers evidence-based education and tools for ADHD and stress management, including a comprehensive library of resources, strategies and interventions for client use.

Kim is a graduate of ADD Coaching Academy (AADCA) in New York City and a proud member of the Australian ADHD Professionals Association (AADPA), Attention Deficit Disorder Association (ADDA), International Coach Federation (ICF) and International Positive Psychology Association (IPPA).