

# How Does Simply ADHD Compare to Other Courses?

Topics Covered	Simply ADHD	Other Programs
<b>Discuss:</b>		
The challenges of ADHD	✓	✓
Tips for managing ADHD	✓	✓
<b>Learn to identify and integrate into your life:</b>		
The lesser known challenges of ADHD	✓	✗
Current and ongoing ADHD research	✓	✗
Environments that foster ADHD success	✓	✗
Strategies, tools, and powerful proprietary models to use	✓	✗
Importance of neuroplasticity for behavior change	✓	✗
How and where ADHD impacts your life and your family	✓	✗
Benefits of a strength-based approach	✓	✗
Research to support strength-based focus	✓	✗
<b>Introduced to the importance of:</b>		
Processing styles for improved focus and comprehension	✓	✗
VIA character strengths to activate positive emotions & sustain focus	✓	✗
Executive functioning (in everyday language)	✓	✗
<b>Learning Environment includes:</b>		
Passionate classmates from around the world	✓	✗
Safe, trusting environment where you can express your true self	✓	✗
Engaged, experiential teleclasses which improve learning	✓	✗
Training from an ICF and PAAC certified instructor	✓	✗
Extensive resource lists for continued growth	✓	✗
Personal stories to eliminate any self-judgments	✓	✗
Become part of an ADHD-appreciative community (ADDCA family)	✓	✗

✓ = Included in the course | ✗ = Not included in the course