

BOOSTING PRODUCTIVITY GROUP

Executive Function Skills Training Group for Adults with ADHD

Clients with ADHD often struggle with executive function skills. This includes aspects such as time management, prioritizing, breaking tasks down, getting started, and completing projects. It is also important to manage frustrations and self-doubt when faced with challenges.

The Boosting Productivity Group is facilitated by **Clinical Psychologist and Neuropsychologist Dr Andrew Sheridan** and is a 5-session group intervention at ADHD WA, focused on boosting productivity at a cost of \$80 per session (\$400 for the program).

This is a highly practical group with between-session practice tasks, that will be of great benefit to those who attend.

What is the Boosting Productivity Group?

- Executive Function Skills Group
- Group Size 8-10 people
- Open to ADHD WA Members
- 5 session format starting Friday 23 July 2021
- 1.5 hours per session from 8am – 9:30am
- Held at The Niche in Nedlands
- Medicare rebate with a Psychiatrist or GP referral
- \$400 total cost for the 5 session program

The program commences on Friday 23 July from 8am to 9:30am, and runs weekly for five weeks, with the subsequent sessions on 30 July, 6 August, 13 August, 20 August with the last session on Friday 27 August.

To book, visit <https://www.adhdwa.org/boosting-productivity-group/>

Medicare rebates are available to those with a GP or Psychiatrist referral.