

Are you prone to being overwhelmed with deadlines and school work?

Are you constantly late and stressed?

Are you missing assignments and other important papers?

Do you put off projects and large assignments until the last minute?

Are you exhausted from stress and worry?

**You ARE NOT lazy!**

**Your brain lacks critical executive functioning skills.**



**REGISTER AT:**

[www.positivelyadhd.ca](http://www.positivelyadhd.ca)

*For more information, contact  
Positively ADHD at:  
[www.positivelyadhd.ca](http://www.positivelyadhd.ca)  
[coachme@positivelyadhd.ca](mailto:coachme@positivelyadhd.ca)  
226-228-6988*



**Positively ADHD**

*Specialized Coaching, Training & Educational Support  
Services for Students & Parents*

  
**The Sklar Process®**  
Much More Than Time Management

*Much More than Time Management™*

# Seeing My Time Group Training Program for University Students



Offered by:



**Positively ADHD**

*Specialized Coaching, Training & Educational Support  
Services for Students & Parents*

**Effective Strategies for  
Boosting Executive Function  
Skills**

*Visual Tools for Time Management Success*

# Achieve Executive Function Success with *Seeing My Time*.

The *Seeing My Time* Group Training Program is specially designed to support university students with executive functioning difficulties (such as time-management, planning, and organization) to better manage their school, work, and personal lives. And, it also helps to improve grades!

This program draws upon neuroscience and educational principles to create time-management and other executive function skills strategies that actually work.

Lead by professional ADHD & Executive Function Coach and Trainer, Tammy James, who guides participants through the *Seeing My Time* program and workbook.

Sessions are held via teleconferencing software (Zoom).

## Who Should Attend this Program?

- First year students who want to set themselves up for success as a university student.
- Upper year students struggling with time management, organization, and planning.
- Students who feel overwhelmed by the demands of life as a post-secondary student.
- ALL students on academic probation.
- Students who want to lessen their academic stress.
- Students with ADHD and/or Executive Function Challenges
- Students experiencing mental health challenges related to academic success.



*Modern distractions make focusing even more challenging. We teach how to deal with them.*

*This group training program is offered as an alternative to private coaching sessions at Positively ADHD (program cost is significantly lower than the price of private coaching sessions).*

**GROUPS OFFERED DURING FALL, WINTER, & SPRING/SUMMER TERMS**



Participants have the opportunity to learn with other students who want to improve their executive function skills.

- Learn planning, time management and organization skills
- Improve communication
- Use concrete tools to get things done and reach goals
- Develop effective paper management
- Build the metacognition or self-reflection needed to change behavior
- Increase motivation to manage time