

Enhancing  
knowledge  
understanding &  
confidence  
around ADHD

Sharing  
practical  
day-to-day ideas  
and management  
strategies

Helping to  
unlock  
the potential  
of ADHD

My name is **Ian Hall, ADHD Specialist Trainer, Coach and Consultant**. I've spent 20 years working with - and learning from - thousands of people with ADHD. This includes children, young people, parents/carers, adults and their families, along with the practitioners who support them. I was diagnosed with ADHD in adult life.

In 2006, having qualified as an ADHD Specialist Coach, I joined **ADHD Solutions CIC**, a newly formed independent not-for-profit voluntary organisation based in Leicestershire. When ADHD Solutions sadly came to an end in December 2024, I set up independently as **ADHD Affinity** to continue to provide key elements of this much needed support, in our local area and beyond.



I offer a comprehensive, cost-effective package of options to meet your individual requirements, which can be provided face-to-face or virtually.

**See below for what this includes but please contact me to discuss other potential options.**



**“The most  
insightful and  
useful  
training I have  
ever done on  
ADHD”**

*Practitioner  
feedback*

### **Whole staff Awareness and Strategies training packages**

Training lays a solid foundation to build on. These packages are designed to enhance your knowledge, understanding and confidence and provide you with practical day-to-day ideas and strategies appropriate to your role or setting.

Available as **(A)** twilight/inset session, **(B)** half day or **(C)** full day.

PDF copies of all the PowerPoint presentations are provided.

**(A)** Twilight/inset session (up to 2-hours, recommended minimum 90-minutes).

We explore what ADHD is, how it presents and why, including:

- How the ADHD brain is different
- The impact on executive functioning (daily living skills)
- Assessment/Diagnosis
- ADHD medication
- Positive traits of ADHD

The strategies will be tailored towards working with children, young people, families or adults as most appropriate for you.

**(B) Half day (up to 4-hours).**

Includes all the above, allows more time for questions/discussion and look in more depth at key areas of interest for you.

**(C) Full day (up to 6-hours).**

Can include everything above and allows the greatest amount of flexibility to tailor the session to your needs e.g. reflection, group discussions, case studies, forward planning.

**Practitioner 1:1 consultations/surgeries**

Particularly effective for in-depth discussion about supporting and managing more complex individuals. Surgeries are 'drop in' sessions allowing multiple staff members to discuss a range of clients.

**Parent/carers workshops**

If you are working with families I can provide 'All About ADHD' (ADHD Awareness and top tips) and 'Positive Parenting Solutions' (more in-depth behaviour management/executive functions strategies for the home).

**Recent staff comments about my training**

"Practical suggestions to help children with ADHD, which could benefit any child"

"Excellent day. Thank you for giving us lots of relevant current information and for keeping it interesting"

"Very informative, clearly put across. Simple and effective ideas that can quickly be put into practice"

"Ian was very approachable and relatable"

"Enjoyed the training, inclusive and interactive"

"Such an insightful course. Very engaging trainer with lived experience"

## ADHD Affinity price list for Professionals and Employers (January 2025)

### **Awareness and Strategies Package A** (up to 2-hours)

Up to 30 participants	£375
30+ participants	£500

### **Awareness and Strategies Package B** (half day, up to 4-hours)

Up to 30	£500
30+	£675

### **Awareness and Strategies Package C** (full day, up to 6-hours)

Up to 30	£675
30+	£900

### **Practitioner 1:1 consultations/surgeries**

Virtual per hour	£50
Face-to-face per hour	£65 (Leicester/Leicestershire only)

### **Parent/carers workshops** (90-minutes)

'All About ADHD'	£225
'Positive Parenting Solutions'	£225

*Discounts available for multiple bookings e.g. whole staff training plus parent/carers workshop.*

*Please note there is an additional mileage charge (50p per mile) for venues 25 miles or above from my base in Wigston (LE18).*