

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”**

*Teacher
feedback*

Whole school 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 to manage children and young people with ADHD as effectively as possible.

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 are appropriate for neurodiverse learners but have a much wider application, looking at whole class management as well as more targeted support.

(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 e.g. more detailed behaviour management programmes or effective use of language for positive results.

(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.

Bespoke workshops

Can be tailored to smaller groups e.g. LSA's, lunchtime supervisors and/or have a particular focus e.g. effective use of language, restorative practices.

Staff coaching/surgeries

Coaching is particularly effective for in-depth discussion about supporting and managing more complex learners. Surgeries are 'drop in' sessions allowing multiple staff members to discuss a range of children and young people.

Pupil observations

Provided to meet your requirements e.g. to help offer specific strategies for individual or whole class management, in support of additional funding requests or assist with the ADHD diagnostic process. Includes 30-minutes of feedback/advice. In addition, a written report can be supplied where required. *Nb. Available for Leicester and Leicestershire only.*

Parent/carer workshops

Includes '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 Schools and Educational Settings (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

Bespoke staff workshops (up to 75-minutes)

£200

Staff coaching/surgeries

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

Observations (1-hour)

With verbal feedback	£100 (Leicester/Leicestershire only)
Including written report	£175 (Leicester/Leicestershire only)

Parent/carers workshops (90-minutes)

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

Discounts available for multiple bookings e.g. whole school 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).