



The ADD-vantage
Specialist ADHD support services
Great minds think alike, brilliant minds think differently

Mentoring Information

Mentoring

Mentoring is a one-to-one service available for 14-18-year-olds. Specialist ADHD mentoring is a support intervention that specifically targets understanding of the core impairments of ADHD such as inattention, impulsivity, hyperactivity and reduced executive function skills and how to live better with these things. The mentor works collaboratively with the young person to address specific needs and goals.

The overall goal of mentoring @The Add-vantage is to work alongside girls to help them better understand their condition, and then to progress to the point of seeing their 'symptoms' as potential advantages and can live well with ADHD.

The process

All young people and their parent carers are offered a free no obligation session to establish if mentoring is appropriate and if we are a 'good fit'. This can be in person or over zoom.

The first session is typically an in-depth 60-minute meeting to allow the young person to reflect on their situation and identify where they need support. For example, understanding and improving peer relationships or developing ADHD-friendly revision techniques.

Regular 45 min sessions will then typically take place on a weekly basis.

Getting the most from mentoring

To be ready for mentoring, the young person must be aware of their symptoms/diagnosis

and want to improve their understanding of how it affects them. They should be prepared to be honest, reflective, and committed to the process.

It is important to have a good rapport between mentor and young person, so you will need to consider if I am the right mentor for your child.

I hope that the following information might help you make that decision:

- I have over 3 years of coaching experience for the Hertfordshire charity ADD-vance, working with parents who have children with ADHD.
- I am a Graduate member British Psychological Society and am bound by their Code of Ethics.
- I deliver ADHD training within educational settings. I outline the nature of the condition, how it should be supported in the classrooms and what differences to expect in the typical female presentation.
- I have ADHD myself and was diagnosed in my forties and both of my children have ADHD.
- I have over twenty years of Secondary Teaching experience including pastoral positions of responsibility with teenage girls.
- I work in local secondary settings as part of their support provision for girls with ADHD
- I hold a MSc in Psychology -
- I have an enhanced DBS certificate.