

Understanding ADHD



Adult

Thriving with ADHD – Practical Skills for everyday life

Do you have ADHD or are you a counsellor or practitioner looking to deepen your understanding of ADHD and enhance your practice? This dynamic workshop is designed to give you practical tools, fresh insights, and confidence with ADHD.

Why Attend?

- **Gain Clarity:** Understand the neurodevelopmental roots of ADHD and how they impact behaviour and emotions.
- **Learn Practical Strategies:** Discover proven neuroscience driven techniques to focus, boost coping strategies, and support executive functioning.
- **ADHD isn't just about challenges—it's about unique strengths** that can help you thrive. Instead of trying to "fit the mould", learn how to use what makes you different as an advantage.
- **Build Inclusive Practice:** Explore ethical considerations and ways to create a safe, empowering space for every client.

What You'll Take Away:

- Actionable tips you can use immediately
- How to empower yourself/clients that feel that neurodivergence is always negative
- Resources for ongoing professional growth

Whether you're new to ADHD or seeking advanced strategies, this workshop will transform your approach and help you make a real difference.



Scan the QR Code for full course description, assessment and progression options from this course

ENTRY REQUIREMENTS



LOCATION & NEXT START DATE(S)

Cornwall College Camborne - 24 April 2026

Cornwall College Camborne - 8 May 2026



**Find out more and
apply online**



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LEVEL No Qualification	DURATION 6 hours
ATTENDANCE Part-time	FEES Tuition Fees: £0.00

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.

Explore Our Courses & Apprenticeships

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



**Find out more and
apply online**

