



Speaking and Training Programs

Carol offers training and workshops designed to help individuals, teams, and organizations realize their full potential and achieve maximum productivity. Carol also offers keynotes, speaking, and training programs designed to help leaders in the workplace understand how to support a structured work environment to help top performers succeed. By providing a safe place for people to let their guard down, relax, and be themselves, Carol helps them expand their understanding of key issues, limiting beliefs and behaviors, and visualize desired outcomes. The resulting change in outlook continues to open new doors for them.



How Does Carol Benefit her Audiences?

Answers

Attention Deficit Disorder affects over 8 million American adults, but symptoms often go unrecognized for years. Carol gives audiences the tools they need to identify ADD/ADHD before work or life relationships get damaged.

Insights

Daily life can seem like an uphill battle for many adults facing ADHD. Carol gives audiences a window into the distracted mind and teaches executives, managers, and teachers how to create environments where ADHD people can flourish.

Strategies

ADHD symptoms can become liabilities to professional and personal relationships. Carol gives audiences practical techniques for eliminating distraction, disorganization, and procrastination in their job and at home.

Examples

If you think ADD/ADHD is something that only affects children, guess again: ADD/ADHD children grow up to become ADD/ADHD adults. Without the skills to effectively manage their behavior, they will have difficulty achieving meaningful lives. Carol gives audiences real life examples from the lives of famous contributors with this brain type as well as from her own clients and her own personal experiences as a child, teen and adult with ADHD.



Corporate Speaking, Training and Consulting Services

We customize our content for each audience and work with you to develop a perfectly targeted program. Please contact us for more information or to schedule our expert speaker for your next event. Most topics can be delivered onsite or via teleclass.

We work with:

- Executives
- Human Resource Managers
- Project Managers
- Supervisors
- Team Leaders

“ADHD in the Workplace: What Every Executive and Manager Needs to Know”

Learn how to identify ADHD in the workplace and build an environment that helps employees with ADHD increase their productivity and achieve their full potential.

“Coaching for the Workplace: Building Better Performers”

As a supervisor or manager you will learn the latest coaching techniques in order to address unwanted behaviors of underperforming employees. You will learn to correct employee performance issues on the spot thereby cultivating a culture of support and growth for each and every employee.

“Master the Five Steps to Eliminating YOUR Underperformance in the Workplace”

Gain insights and create specific plans to give yourself the confidence and motivation you need to change ineffective or self-sabotaging habits and behaviors. Attendees are taught how to best advocate for themselves and get the support they need to be successful.

Client Testimonials

Carol has taught a number of classes on coaching AD/HD, consistently impressed students. She is engaging, knowledgeable and a delight to have in front of the room. She has a big heart and a great mind.

Thanks for all you do, Carol!

- Marilyn Edelson, LICSW, MCC, Director, SOCOP B.U School of Social Work, Professional Education Programs

Ms. Gignoux demonstrates an uncanny ability to understand the challenges of individuals with ADHD...

Her insight that ADHD is more of a learning difference, than a disability allows us to see our children's strengths... her years of experience as an educator and administrator will be invaluable to help school districts provide supports for these students in more inclusive settings.

- Michele DeParasis, Chair Billerica SEPAC



Speaking, Coaching and Workshop Topics – Individuals/Personal

“Building Loving ADHD Couple Relationships”

In this highly interactive presentation, participants will learn to turn the love switch on. Carol Gignoux uses her new book: *Top Six Secrets of Successful ADHD Couples*® to help couples get to the heart of their communication issues and stop the cycles of misunderstanding that can lead to resentment. Carol’s thoughtful and humorous style of engaging her participants allows them to clearly see the good and bad consequences of common patterns of behavior in relationships. Setting aside blame and using the beliefs and assumptions they have about each other, this workshop helps couples better understand their interactions and take responsibility for their part in the relationship. Couples often leave this workshop feeling healed and empowered to address their issues in a positive way.

“The Silent Epidemic of ADHD in Adults”

It’s common for adults with ADHD to think there is something wrong with them. They struggle with a hidden fear of making mistakes and feel incapable of meeting the expectations around them. They have the uncomfortable sense they just do not fit in the way others do. Because many are afraid to disclose they have “ADD”, they do not seek the help they need and unnecessarily suffer in silence. Participants in this workshop will have the opportunity to examine the part that the ADHD trait plays in their life. They will be given tips and tools to rethink their relationship to their “ADD” and break out of discouragement and negative thinking patterns. They will see their innovator brain type for the gift it is.

“Don’t get Caught with Your Focus Down”

In this presentation participants will have the opportunity to take stock of the issues they experience becoming, and staying, focused and how these issues have impacted their lives. They will learn that they have a lot in common with others and will be reminded of the fact that great minds tend to have this problem. Participants will be given the opportunity to learn new behavior management strategies to address their own focusing issues and how to get the right strategies working for them. Whether you are an adult in the workplace needing support for staying focused on your priorities, a student needing to develop better study habits and avoid getting behind in classes, or an adult needing to be on top of your personal affairs, this workshop is for you.

Client Testimonials

*“I just received your Professional Coach Designation in the mail. I smiled as I reflected on you and our work together and wanted to send a note of thanks to tell you how much I appreciated your program and your style of coaching. I learned a great deal from you as your competence and creativity are truly inspirational...
- W. Kessler, Concord, MA*

*Carol Gignoux helped me identify my personal strengths and apply them more effectively to improve my performance at work. Her services have been worth many times what I paid for them. Considering that personnel costs are often an employer’s greatest expense, any increase in employee effectiveness can lead to significant improvement. Carol’s services are a great way to leverage this prime corporate resource.
- J.T., Stock Analysis, Boston, MA*



College/University Speaking Programs

Many creative, competent, and high-functioning students entering college are not aware that they may be facing increased challenges and might not possess the skills they need to succeed in their new environment. Often, with the support of high school teachers, staff, and their parents, these students have been able to do well enough, or even very well, in order to take the next step in their education. However, without someone helping them to structure and manage their time and tasks, they miss classes, struggle to achieve a successful study practice, and can find themselves hopelessly behind in their schoolwork. Many of these students have Attention Deficit (Hyperactivity) Disorder (ADD/ADHD), or various learning disabilities along with a general inability to access help and function successfully on their own.

“Unlocking the Potential in Students with ADHD”

(1 to 4 hour presentations for special needs staff and faculty)

In this presentation, staff and faculty members will learn how to spot ADHD in students by becoming familiar with the common characteristics of ADHD and how they cause certain behaviors. They will learn about cutting edge research and the newest advancements relating to what we now know about ADHD. Participants will leave the presentation with the ability to understand and apply what they learned toward helping students with the ADHD brain type. Best of all, they will see clearly why, in addition to being a challenge, ADHD is very much an asset. Participants will leave this presentation with the skills to use their new-found knowledge to help those students with ADHD access their true gifts in order to succeed in college and beyond.

“Uncovering the Truth about ADHD and How to Manage It to Advantage It”

(Training program for students and staff delivered either in person, via telephone, Skype, or web)

This program focuses on helping individual students access their strengths and gifts so they can learn to manage the behaviors that come with having ADHD. Emphasis will be on understanding the advantages and disadvantages of the ADHD brain type. We will share strategies and tools about how to address the unique challenges of ADHD. Participants will learn the process for creating permanent ADHD behavior changes. This training program is completely interactive and there is ample time for Q&A.

Client Testimonials

In the past year Carol has served as an instructor for two day-long workshops here at Boston College Graduate School of Social Work. She consistently is given rave reviews from those who attend her workshops. They greatly appreciate the "strengths-perspective" that Carol brings to her understanding of those who struggle with ADD Problems. Her workshop attendees consistently report that they leave with very new and different ways of understanding the worlds of their ADD clients. Many comment that they find Carol to be a dynamic speaker who has a tremendous amount of information she conveys in a very engaging manner. I thank Carol for her contributions to date and look forward to Carol's continued involvement as an instructor in our social work continuing education program.

*- Vincent Lynch, MSW,
Ph.D. Director of
Continuing Education
Boston College Graduate
School of Social Work*



One-on-One Student Coaching Programs

(Designed to enable students to understand their behaviors and learn to successfully manage them.)

Our one-on-one student coaching programs work to help students begin the process of developing a thorough understanding of exactly how ADHD affects their academic life. The goal of this program is to help students to function on level with their potential. As students begin to develop a clearer understanding of themselves, they are ready to make important changes and apply new strategies to achieving better academic results.

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