

**JST Coaching, LLC**

Coaching Teens & College Students with ADHD

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**What specific theorists have contributed to your coach training philosophies?**

John Whitmore, BF Skinner/behavioral theorists, Sharon Weiss, M.Ed., Thomas Brown, Russell Barkley, Martin Seligman.

**What delivery method does your program use?**

Face to Face, Virtual

**How many participants are in a program?**

10 to 20, with additional participants allowed with a second trainer.

**What are the foundational core competencies that your program supports?**

All ICF core competencies with focus on: coaching presence, creating awareness, planning and goal setting, managing progress and accountability.

**Who are your students?**

Coaches, educators, therapists, parents, doctors and others.

**What do you do to support your students to determine the ROI of a coaching relationship?**

We provide questions to pose to client and to themselves to identify the ROI for each coaching relationship. We focus on the individual client and how to gauge each one independent of others.

**What kind of support, if any, does your program offer to your learners in developing a coaching business or managing an internal coaching program?**

We help coaches determine their area of focus within their coaching specialty and support them in identifying resources for marketing, starting and developing a coaching business.

**What, if any, are the prerequisites for a student to enter your program?**

There are no pre-requisites for our non-coaches/new coaches class. Coach training (min 60 hours) required for our class for trained coaches.

**What else do you want us to know about your program?**

This is an ADHD youth coaching program based on the ICF and IAAC core competencies. This is a niche program that is an excellent continuing education program for life coaches.