

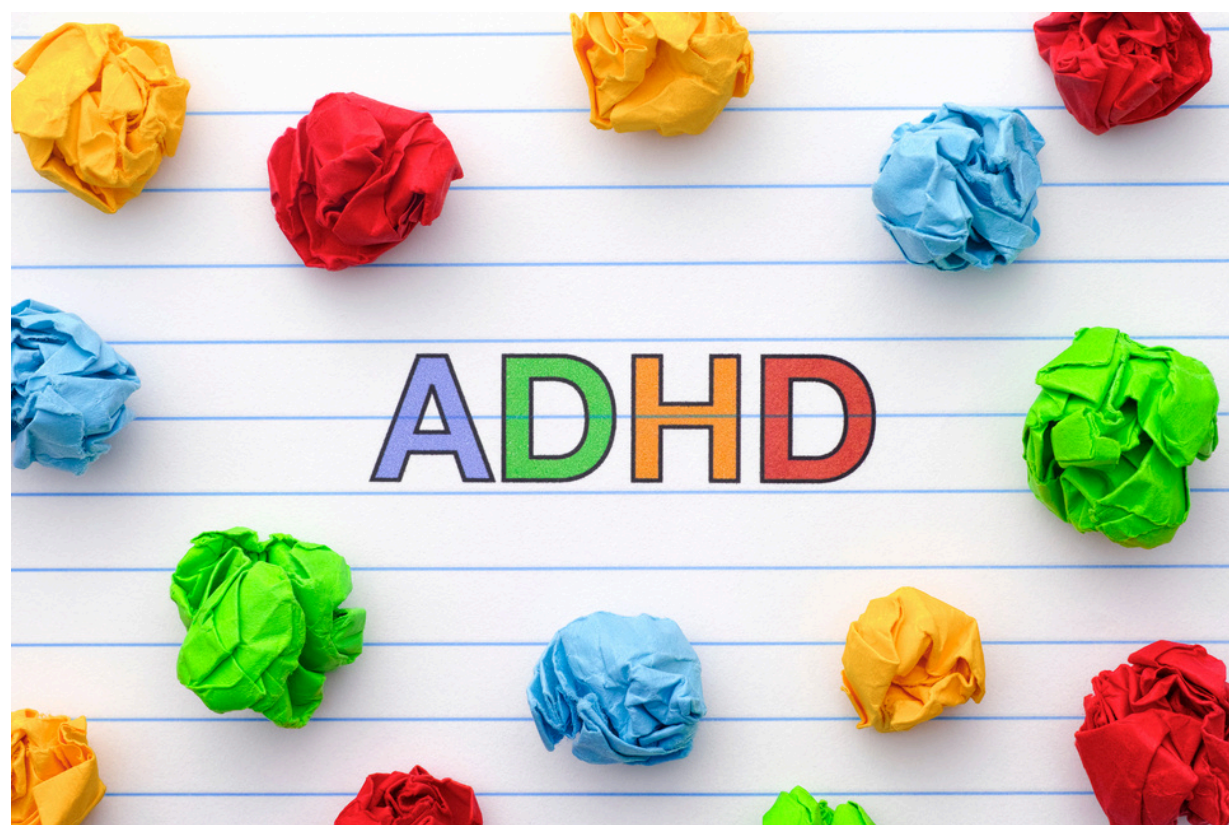
Understanding Adult ADHD: Information, Tips & Tools for Daily Life

June 9, 2025

1:30-3:00pm MDT

This presentation is designed to help adults better understand Attention-Deficit/Hyperactivity Disorder (ADHD) and how it impacts everyday life. Navigating an ADHD diagnosis as an adult can be overwhelming and confusing—this session aims to clarify what ADHD is, how it may show up in daily routines, and what practical steps can be taken to manage it. Through accessible information and real-life examples, participants will learn to identify common challenges and explore effective strategies for support.

****Please note that this session will not be recorded or uploaded to our website.**



Learning Outcomes:

- What is ADHD?
- What does ADHD look like in daily life?
- How do you manage ADHD?
- What are the supports, tips, and tools that will help?

Speakers:

Rhiannon Carter is a certified ADHD Coach and former educator with over 25 years of experience supporting individuals with ADHD. As the founder of Empower You ADHD Coaching, she specializes in working with adults, post-secondary students, and parents, helping them build practical strategies and confidence in managing ADHD across various areas of life. Rhiannon brings both professional expertise and lived experience to her work, offering a compassionate and informed perspective on the challenges ADHD can pose in learning, work, relationships, and family dynamics.



empoweryou



Target Audience: Whether you are newly diagnosed, supporting someone with ADHD, or simply seeking to understand it better, this session offers practical guidance to empower daily living

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<https://fntn.ca/Home/Register-VC?eid=22259>

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<https://fntn.zoom.us/j/86054581052>

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1-587-328-1099

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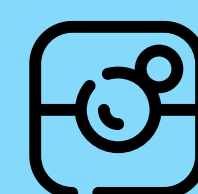


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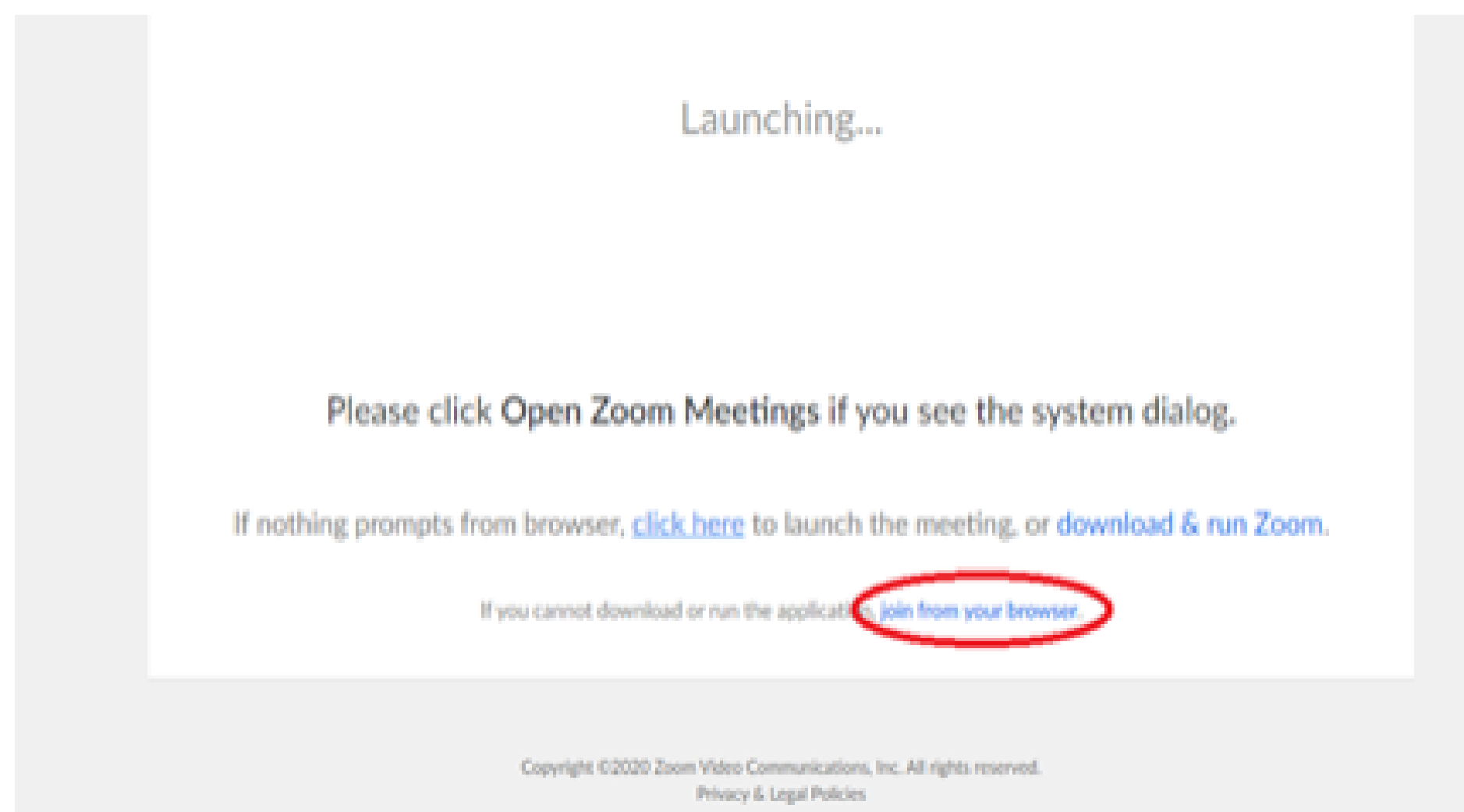
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