

Training Days Part 1

Friday 8th & Saturday 9th November | 9.30am - 5.30pm - (Online)

Training Days Part 2

Friday 22nd & Saturday 23rd November | 10am - 4pm - (Online)

A 30 Hour Further Training Course - ADHD & Neurodiversity for Yoga Teachers & Studio Owners.
28hr contact hours - ADHD & Neurodiversity education

£650 (early bird price before 1st July £100 off) £750 (after the 1st July)

Eligibility: *This course is appropriate for individuals who are practising Yoga Instructors or Studio Owners. This course will also allow these individuals to register to our ADHD Coaching Training in February 2025.*

Content	Description
Education on ADHD & Neurodiversity	<p>Approximately 60% of the total hours will be spent providing education on ADHD, specifically, and Neurodiversity more broadly, covering the science, symptoms, diagnosis process, treatment, comorbidities, and how it can present in our students, as teachers and in a workplace environment.</p> <p>This will be done via live talks, open discussions, story-telling and with guest experts.</p>
Practical Methods for ADHD in the Yoga Industry	<p>40% of the course will be spent</p> <ul style="list-style-type: none"> - Learning how to create a neurodivergent-friendly environment within a class & studio. - How to support your ADHD Clients. - How to support yourself as a Yoga Instructor with ADHD. - Understanding of the UK Disability Act. <p>We will also be inviting guest ADHD Instructors to participate in this section.</p>
Particular focus of the course	ADHD & Neurodiversity

<p>Overall Aim</p>	<p>To educate Yoga Instructors & business owners, so they can feel confident in supporting the fast-growing neurodivergent community and create a niche offering for our community to get more Neurodivergents on the mat and support the ones already practicing with us.</p>
<p>What will graduate be able to do</p>	<ul style="list-style-type: none"> - Teach neurodivergent clients in a supportive and inclusive way - Support themselves as ADHD Instructors, - Have the information to ensure they are acting in line with the UK disability laws - Create a neurodivergent-friendly studio/class environment and support neurodivergent employees. - This course will also allow these individuals to register to our ADHD Coaching Training in January 2025.
<p>How will the student be assessed?</p>	<p>Students will select an essay topic from a pre-set list and either write or video record their response.</p> <p>We will also break out into small groups where teachers will role-play classes or studio scenarios and the students will demonstrate what they have learned by adapting their approaches to support Neurodivergents.</p>

Module	Non-SYT Contact Hours	Non-Contact Hours	Total Hours
What is ADHD? (education/science/ myth-busting & traits)	8hr		
ADHD & Emotional Dysregulation (RSD)	3hr		
ADHD & Comorbidities. (addiction/ mental health/ eating disorders)	5hr		
Reframing ADHD (the strengths)	1hr		
Treating ADHD (diagnosis process, medication, movement & meditation)	6 hr		
Introduction to ADHD Coaching (what is it & why it works, overview strength-focused framework)	1hrs		
ADHD in the workplace (Reasonable adjustments, hiring process & supporting your staff)	1hr	1hr - ADHD thrive plan	
Supporting yourself as an Instructor with ADHD (how it may present, methods to support you in your career)	1hr		
Creating an ADHD Friendly Movement Class (how & why / queuing, adaptations, sound, language)	2hrs	1hr - practice & review	
Access To Work - a workshop on how to navigate the UK gov Grant that supports individuals with a disability or mental health condition in the workplace)			
TOTAL	28 hrs	2 hrs	30 hrs total