



Beyond the Label: Understanding the Real Needs Behind ADHD



Workshop Overview

Children with ADHD are often misunderstood. Their behavior may be seen as disruptive or inattentive, but often it reflects **underlying challenges in regulation, attention, and connection**. This workshop gives parents, educators, and therapists a clear understanding of the child behind the behavior—offering practical, compassionate strategies to help children **feel safe, focused, and more in control** of their actions.



Who Should Attend?

- ✓ Occupational Therapists
 - ✓ Educators & School Staff
 - ✓ Mental Health Professionals
 - ✓ Parents & Caregivers
-



What You'll Learn

- 🧠 What's really going on beneath the surface of ADHD behaviors
 - 🦊 Why children with ADHD may appear inattentive, hyperactive, or impulsive—but are often struggling to regulate
 - ✂️ Tools and strategies to help children with ADHD access calm, focus, and connection
 - 🤝 Ways to improve your relationship with the child and reduce power struggles
 - 🌱 How to support their emotional growth alongside behavioral expectations
-



Workshop Details



Duration: Customizable (typically 2–6 hours)



Format: In-person or virtual



Email: info@thethrivegroup.co



Websites: www.thethrivegroup.co | www.otinyourpocket.com



Turn chaos into connection—learn how to support children with ADHD from the inside out.