



ADHD Adult Presentation

Wednesday, January 16, 2019
7:00 – 9:00pm

“Mobile Tech For Your ADHD iPhone & Android

Presented by:

Rodney Ziebol, ACC, DSS, ADHD/Life Coach (iPhone)
Don Hart, (Android)

Rodney and Don will give you a personal tour of the mobile apps that they use on iPhone and Android to support themselves (improve time management, organization, goal setting) as part of their strategy for dealing with ADHD and focusing on what really matters. You will leave this presentation with hands-on applications you can use right away!

Rodney received his Life Coaching training from CTI with additional specific ADHD training from JST Coaching, Career & Life Planning Service Specialty training. Rodney is trained to work with parents, teens, college students and adults with ADHD and/or Asperger's.

Don spent several years as an independent computer network troubleshooter consulting for large corporations. He has worked for leading local area and wide area networking manufacturers and resellers-installing and teaching technical issues and management. He analyzed software purchases for customers and brings knowledge of the software industry to help people find productivity with their interconnected devices.

LOCATION:

**H4K Coaching, Training & Therapy Center
145 W. Main Street (upstairs)
Tustin, CA 92780**

Meetings are **FREE** and open to the public.
You **do not** have to be a CHADD member to attend.

For map & directions, visit: www.greaterOCchadd.org

For more information email: ADHDmeeting@gmail.com

CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) is the nation's leading non-profit organization for individuals with ADHD, their families and professionals. Over 150 local chapters across the U.S. offer support for individuals, parents, teachers, and professionals. FREE monthly support group meetings provide a forum for continuing education for parents and professionals interested in learning more about ADHD in children and adults. For more information about, visit chadd.org

CHADD does NOT endorse any one treatment, medication, provider, publication, service or product.