
The Challenges Inventory™ Curriculum **CATALOG**

Part of the ADD Lens Series™ of TeleClasses and Workbooks

brought to you through ADDCoach.com™ by Madelyn Griffith-Haynie, who designed The Challenges Inventory™ in 1994 and has been perfecting Challenges Coaching technique since that time – one of the world's *first* professional coaches (and one of the **very** few working with ADD since that time), one of ICF's *first* Master Certified Coaches, the sponsor and facilitator of The ADD Hours™ for over a decade, the founder of The Optimal Functioning Institute™ and ADDCoach.com™

... and the ADD Poster Girl

ADDCoach.com™

When *wanting to* just doesn't get it **DONE!**

Bridging the gap between desire and achievement since 1994

ADDing Systems, Strategies & Solutions for Success!

FINALLY !

Over a *decade* of compilation and preparation
culminates in the unveiling of a curriculum that offers **MORE**

- . . . **MORE** than a assemblage of ADD information that any web-browser has already discovered
 - . . . **MORE** than a summary of self-help techniques you've already tried & can't make yourself use
 - . . . **MORE** than an attempt to convince you of the benefits (or dangers) of medication
 - . . . **MORE** than a catalog of symptoms and an itemized list of stuff you can't do – *or must do*
- A logical explanation for **WHY** things continue to be difficult no matter *what* you do
 - A way to figure out what's going on so you can figure out how get it to **STOP**
 - A set of techniques that *doesn't* start by telling you to change who you **ARE!**

Challenges don't *have* to be stoppers!

Come find out *why* you continue to struggle so you can fashion what will work for **YOU!**

For coaches, parents, partners, educators & *anyone who's struggling*

For *anyone* who is tired of the struggle and ready to dedicate the time to learn how
to make the way *they* work **WORK!**

****Designed for adult participation**

The Challenges Inventory™ Curriculum

Over 100 hours of brand new modules – from the ADD Coach who started it all with the world's *first* ADDCoach training curriculum, OFI's comprehensive A.C.T. Program

The Challenges Inventory™ Curriculum offers:

- **Stand-alone classes** that explain the Challenges Profile™ model and summarize specific concepts based on combinations of Challenges unique to every individual
- **Two different Introductory Modules** to make sure each participant has the background to take full advantage of any particular Challenge – *or combination of Challenges* – they would like to explore in more detail
- **Special pricing for those who want to explore multiple modules** – savings for registering for a SERIES of classes rather than one at a time

- AND -

- **A brand new Coach training curriculum**
culminating in Certification & Licensing in an assessment-based set of coaching techniques designed to be effective with clients "*outside the box,*" like:
ADDers, Creatives, Restoratives, Solopreneurs, Super-sensitives, Sales Professionals & other individuals in professions that are often labeled "adrenalin-driven"

Register soon – class size strictly limited.
Discounts for January registrations.

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The Challenges **INTRODUCTORY** Modules

2007 OVERVIEWS & PREREQS

Two different modules to introduce the Challenges Profile™ model and summarize specific concepts based on combinations of Challenges *unique to every individual* – to make sure each participant has the background to take full advantage of any particular Challenge or combination of Challenges they would like to explore in more detail.

ADD-8000 Introduction to the Challenges [Feb/Mar 2007]

The prerequisite for ALL the other Challenges Modules

An introduction to:

- **The Challenges Inventory™ principles**
- **The nine areas it quantifies** (explored individually in ADD-8101-8109)
- **An overview of The Triplicities** – three categories of impact:
 1. **Intentionality** (see ADD-8010)
 2. **Getting Unstuck** (see ADD-8020)
 3. **Staying on Track** (see ADD-8030)

Format: 3 90-minute TeleSessions for 2 months (6 sessions total)

Pre-Req: **NONE** – *includes* important ADD-101 foundational principles

Tuition: \$450* (**INTRO pricing \$400**)

***NOTE:** **INTRO pricing for early-birds only – ends Jan 30th**

ADD-8001 – Exploring the Triplicities [March, '2007]

Intentionality, Getting Unstuck & Staying on Track

An introduction to THREE different areas – problematic for *all* human beings, but significant sources of struggle for those with Attentional deficits – three areas that overlap *The Dynamics of Attending* perfectly (explored more fully in ADD-8010, 8020, 8030)

Format: 3 90-minute TeleSessions

Pre-Req: ADD-8000, Intro to Challenges;

Tuition: \$300* (**INTRO pricing \$250**)

ADD-8002 – The Challenges Intro Package

BOTH Introductory Modules

A special pricing package for those who know that they will want to pick and choose between exploring Triplicities & single Challenges, who want a better idea of the parameters before they will know what *else* they might want to take.

Register for BOTH Challenges Intros at the same time and save \$25 per module

Tuition: \$700 [**INTRO pricing \$650** until January 30th]

Enrollment JumpStart – Register for both Introductory Modules

before midnight EASTERN Friday, January 19th and **save an additional \$150**

– \$500 for BOTH

The Challenges **OVERVIEW** Modules

The three functional areas impacted by the nine Challenges,
each explored in a monthly module with four one hour sessions.

- Although there are nine Challenges, the three domains of difficulty (introduced by ADD-8001 above) are each *primarily* affected by a group of three Challenges.
- The particular overlap of areas of impact (revealed in your unique Challenges Profile) is what has been making things seem strangely unresponsive to your efforts - making life more of a hurdle than it needs to be for you – or making those who love you tear out their hair in frustration.
- *What happens* might be labeled *procrastination, overwhelm, laziness, temper, lack of motivation or drive, anxiety, passive-aggression, sheer stupidity* – and a whole lot of other things for you to attempt to work on unsuccessfully.
- Most of those "You always/never!" behaviors will refuse to respond to direct efforts at change FOREVER – because they're *symptoms*.

It's not any particular combination of *symptoms* that messes up your life - it's the repeated attempts to FIX the *symptom* - and what you decide when it doesn't work! Locate the level of the **problem!**

Isn't it time to *stop* beating yourself up for falling down and making a mess and *start* locating the holes that trip you up so you can fill them in or *avoid* them?

For EACH Triplexity Overview (ADD-8110, 8120, 8130 below):

Each of the Overview Modules begins with an examination of the category itself and how the Challenges within it contribute, followed by a brief examination of the individual Challenges within the category

Format: One month each, four 1-hour TeleSessions

Pre-Req: ADD-8001, Intro to Triplexities (*after* ADD-8000, Challenges Intro)

Tuition: \$325* (**INTRO pricing \$300**)

ADD-8010 – Intentionality Overview [Apr-2007]

Learn *why* it seems so difficult to plan your life – or *get out the door!*

An overview of the three Challenges that highlight *Intentionality* –

Attention and Focus, Hyperactivity, Organization & Task Completion

(explored more fully in ADD-8101, 8102, 8103)

ADD-8020 – Getting Unstuck [May-2007]

A simple, brain-based explanation for *hyperfocus & procrastination*.

An overview of the three categories that highlight the seeming inability to shift focus at will –

Stress Tolerance, Transitions, Perfectionism & Black and White Thinking

(explored more fully in ADD-8104, 8105, 8106)

ADD-8030 – Staying on Track [June-2007]

An overview of the three categories that help explain *how* and *why* you get derailed – **Impulsivity, Mood Swings, Time Management**

(explored more fully in ADD-8107, 8108, 8109)

ADD-8501 – The Challenges OVERVIEW Series

For those who know NOW they really want to understand the connection between the particular relationship of each of their individual Challenges and their struggle to manage their lives.

25.5 hours of brand new modules – from the ADD Coach who started it all with the world's *first* ADDCoach training curriculum, OFI's comprehensive A.C.T. Program.

Register NOW and **save \$325 on this series!**

[\$1725 for those who sign up for them one at a time]*

Includes:

- **Both Challenges & Triplicities Intros**
- *All three* Triplicity Overviews

Tuition: \$1400* (SERIES Intro Pricing Only)

The Challenges INTENSIVES Modules

NINE overlapping areas found in a unique combination in every individual

Your Challenges Profile explains why techniques that work for others don't always work for *you* (or your client) - *and will allow you to sherlock what WILL.*

Each of the Intensive Modules explores a *single* Challenge for a month

- Pick and choose,
- Concentrate by area of greatest challenge or
- Register for them all NOW and save a bundle

36 hours of brand new training

- **9 stand-alone Intensives** [ADD-8101 through ADD-8109]
- following a two month **Introduction** [ADD-8000]

For EACH Challenges Intensive Module (ADD-8101 thru 8109 below)

Each of the Intensive Modules explores **one** of the nine Challenges:

what it is, why it is a Challenge, how to overcome it

Format: One month each, four 1-hour TeleSessions each

Pre-Req: ADD-8000, Intro to Challenges

Tuition: \$245* each (**INTRO pricing \$220**)

ADD-8101 – Implementation™ [April-2007]

Organization & Task Completion -a category impacted by each of the others, but one you need to isolate to understand

One of the **Intentionality** Challenges (see ADD-8001, 8010)

ADD-8102 – Intentional Attending™ [May-2007]

Attention and Focus – essential elements for a life on purpose - *how's yours?*

One of the **Intentionality** Challenges (see ADD-8001, 8010)

ADD-8103 – Downshifting from Overdrive™ [June-2007]

Understanding the **3 types of hyperactivity** and how to work *with* them or around them - how to make them work **FOR** you;

One of the **Intentionality** Challenges (see ADD-8001, 8010)

ADD-8104 – StressLess™ [July-2007]

Stress tolerance - aligning life with your ability to cope (vs. "*Honey, calm DOWN!*")

Part of **Getting Unstuck** (see ADD-8001, 8120)

ADD-8105 – Transition Tamer™ [August-2007]

Managing multiple objectives - starting, stopping, & shifting from task to task

Part of **Getting Unstuck** (see ADD-8001, 8020)

ADD-8106 – The Midas Mistake™ [August-2007]

Perfectionism and Black & White Thinking

Moving from black and white to *balance*

The fulcrum for **Getting Unstuck** (see ADD-8001, 8020)

ADD-8107 – The Impulsivity Rundown™ [September-2007]

Impulsivity – good when you use it intentionally, bad when it uses **YOU** - learn how to keep it from running you ragged

Part of the Challenge of **Staying on Track** (see ADD-8001, 8030)

ADD-8108 – MoodMender™ [October-2007]

Essential shifts for a life that isn't derailed by **ADD mood swings** - those maddening sudden changes in mood that extinguish motivation

Part of the Challenge of **Staying on Track** (see ADD-8001, 8030)

ADD-8109 – TimeSteps™ [November-2007]

The "NOW" and "not NOW" Challenge - finding a way to function within the boundaries of time

Part of the Challenge of **Staying on Track** (see ADD-8001, 8030)

ADD-8502 – The Challenges INTENSIVES Series

For those who want to really understand the impact to your life and to your functioning of EACH of the nine Challenges – and what to do about it!
Register NOW for the Challenges Intro and ALL NINE Intensives

45 hours of information *you won't find anywhere else* – and save more than \$400!
[over **\$2600** for those who sign up for them individually]*

Tuition: \$2200 – **SERIES Intro Pricing Only** - don't miss the deadline!

ADD-8500 – The Challenges CURRICULUM Series

Over 60 hours of content designed to work with YOUR Challenges Profile – or that of a loved one or client.

One year to a whole new life

It's not *difficult*, it's *complex*, and there are a lot of interlocking threads to unravel. Sherlocking all of the pieces of your own puzzle and coming to understand how to put them together in a pleasing arrangement that makes sense takes *time* and a *structure for accountability*.

- If it were otherwise, don't you think you would have figured out how to win *by now* - all by yourself?
- Whatever is going on with you, you're not *broken*, you're **unique**.
- **INFORMATION and feedback are foundational** (and you'll get a lot of *that!*), but a large part of the magic of solution is the supportive, no make-wrong *structure of accountability* that ADD Coaching **and this curriculum** were designed to supply – while you restructure your ideas about yourself.

Please, give yourself the time to understand how to honor the unique human being you were intended to be.

Isn't it time to stop struggling and start *succeeding*?

Give yourself a New Year's present of a lifetime this year - *your LIFE!*

Includes:

- *Both* Challenges & Triplicities Intros
- *All three* Challenges Overviews
- *All nine* Challenges Intensives

Tuition: \$3200 (save *almost* \$700)
[\$3880 for those who sign up for them individually]*

– SERIES Intro Pricing *Only* – don't miss the deadline!

The Challenges Inventory™

Certification & Licensing Modules

An assessment-based coaching curriculum that will provide

- an additional support for your clients
 - an additional income center for you
-
-

Well over **100** hours of brand new content for **coaches** and **ADD professionals** who want to take their practices a step beyond what's currently available while they develop a new niche, and an additional income center & referral source.

Coaches and ADD Professionals:

by becoming a CERTIFIED Challenges Inventory Coach you will learn cutting edge techniques *that you won't find anywhere else* that will allow you to:

1. **Strategize and quantify client progress with a whole new level of detail**
2. **Develop a new Income Center & referral source**
3. **List yourself and your practice on the Challenges Inventory referral page**
 - as one of the *first in the world* to become comprehensively trained in Systems Development Coaching using assessment-based Challenges Coaching techniques
 - as one of the *only* professionals licensed to deliver the 2 hour initial Challenges Interpretation Consultation – because you will be one of the *only* ones trained to deliver it
 - among the *only* names that will be returned to anyone who takes the Challenges Inventory on the ADDCoach.com website, right along with their compilation of scores.

CCL-8901 – Challenges Inventory Certification & Licensing

Part ONE

While The Challenges Curriculum Series described has been designed to be taken by *anyone*, these modules *also* make up the foundational concepts for the 2-year Challenges Inventory™ Certification and Licensing Curriculum (Detail & Year Two in Certification & Licensing section)

Register for Certification Year One NOW to receive complete Part One Certification *for only \$400 more, saving \$600* [\$1000 more for those who don't enroll in the *Series*]

Includes:

- All ADD-8500 modules
- ADD-8900 – Intro to Certification & Licensing
- Six months of Challenges Lab
- Coaching clients of the sliding-scale CCL Clinic *while you train*
- 50% discount on other OFI/ADDCoach.com classes for the entire year
- Lowest fee structure for YEAR TWO, when you will *also* be working as a CCL Clinic Coach, **earning while you learn** - low fee guaranteed until 2009*

Tuition: \$3600 – SERIES Intro Pricing Only - don't miss the deadline!
[\$4600 for those who sign up for them individually]*

***Note:** Series pricing does not limit you to a *calendar year*. "Part One" (or "Year One") and "Part Two" (or "Year Two") are designations similar to "Freshman" or "Sophomore;" some students will take longer than a calendar year to finish a *curriculum* year in the same way that some students take longer than four years to go through college.

Certification & Licensing Modules Table

Part One and Part Two

CCL-8601	INTRO to Licensing & Certification	Orientation to the Challenges Inventory Consultation Process (includes processing fees, CCL clinic enrollment fees, & one year licensure upon completion)	\$400
CCL-8700	The Challenges in Combination	Six 2-hour sessions, one per week for 2 months; content & practice PreReqs: Challenges Series	\$600
CCL-8800	Intro to The Challenges Inventory Initial Interpretation	Introducing the format and objectives of the 2-hour Interpretation of Scores Consultation	\$350
CCL-8801	Challenges Consultations to Challenges Coaching	Delivering the Initial Interp Consultation as the front-end to a coaching relationship	\$350
CCL-8805	The Challenges Inventory Consultation Process	Observed Coaching - Year Two coaches will work with CCL Clinic clients in this Lab setting - earning while they learn. [Five 3 month sections possible] Audit fee for Year One coaches - \$10 per session	\$350
CCL-8806 - 8809	The Challenges Inventory Consultation Process	Four <i>additional</i> 3 month sections of 8805, which must be taken first (1 required) [Audit fee for Part I coaches - \$10 per session]	\$250
CCL-8899	Intro to The Challenges Software	Understanding how to work with the Challenges Software	\$350
CCL-8990 8991	Certification & Licensing Lab - Year I	CCL Practicum - practice coaching a changing combination of ADD issues detailed on <i>The Challenges Inventory™</i> Part II coaches may work with CCL Clinic clients in this Lab setting For Coaches & ADD Professionals enrolled in the Challenges Inventory Certification & Licensing Program (\$350 for 3 months) PreReq ADD-8601 – Intro to Licensing and Certification	6 months Part I \$700
CCL 8992 8993 8994	Certification & Licensing Lab II	CCL Practicum registration for Part II (\$350 for 3 months) PreReqs CCL-8601 – Intro to Licensing and Certification CCL-8990, 8991 [Part I Lab Participation]	9 months Part Two \$1050
CCL-8901	Certification & Licensing - Part One	For coaches & ADD Professionals registering for the Challenges Curriculum Series & CCL Year One Modules	\$3600
CCL-8911	Certification & Licensing - Part One	For coaches & ADD Professionals who have already completed the Challenges Curriculum Series (adding the remainder of the Year One Certification Modules)	\$1000
CCL-8902	Certification & Licensing - Part Two	Year Two SERIES tuition for coaches & ADD Professionals <i>who have already completed</i> either 8901 or 8911	\$1500
CCL-8903	Certification & Licensing Curriculum Series Pricing	The entire Certification & Licensing Curriculum - Part One and Part Two - ALL Certification & Licensing modules, including the Challenges Curriculum Series, <i>with registration by Jan 30, 2007</i>	\$4400
CCL-8913	Certification & Licensing Curriculum Series Pricing	Certification SERIES tuition for coaches & ADD Professionals <i>who have already registered for the Challenges Curriculum Series</i> (adding tuition for the remainder of the Part One and Part Two Certification Modules to the tuition already paid for the Challenges Curriculum Series)	\$2500

Challenges Inventory™ Curriculum at a Glance

Packages & SERIES (special pricing for multiple registration)

INTRODUCTIONS & PreReqs

Overviews (3 Triplicities)

Intensives (9 Individual Challenges)

Packages & SERIES (special pricing for multiple registration)	TTL hours	tuition	Intro\$
ADD-8002 Challenges INTRO Package..... BOTH Intros	13.5 hrs	\$750	600
JumpStart (Enrollment by 1/19)			\$500
ADD-8501 Challenges OVERVIEW Series Triplicity Intro & 3 Overviews.....	25.5 hrs	\$1725	1400
ADD-8502 Challenges INTENSIVES Series Intro & 9 Intensives	45 hrs	\$2600	2200
ADD-8500 Challenges CURRICULUM Series ALL Modules Above.....	61.5 hrs	\$3880	3200
CCL-8901 CERTIFICATION & Licensing PART ONE ... Above + CCL Part I modules	75 hrs ⁺		\$3600
CCL-8903 CERTIFICATION & Licensing SERIES Above + CCL Part I <u>and</u> II.....	ALL hrs ⁺		\$4400

INTRODUCTIONS & PreReqs

	When	TTL hrs	Tuition	Intro\$
ADD-8000 Introduction to the Challenges PreReq for every other Module	Feb/Mar 2007	9 hrs	\$450	400
ADD-8001 Exploring the Triplicities PreReq for all Overview Modules	March-2007	4.5 hrs	\$300	250

Overviews (3 Triplicities)

	When.....	TTL hrs.....	Tuition	Intro\$
Intensives (9 Individual Challenges)				

ADD-8010 Intentionality Overview

ADD-8010 Intentionality Overview	April-2007	4 hrs	\$300	250
ADD-8101 Implementation™	April-2007	4 hrs	\$245	220
ADD-8102 Intentional Attending™	May-2007	"	"	"
ADD-8103 Downshifting from Overdrive™	June-2007	"	"	"

ADD-8020 Getting Unstuck

ADD-8020 Getting Unstuck	May-2007	4 hrs	\$300	250
ADD-8104 StressLess™	July-2007	"	\$245	220
ADD-8105 Transition Tamer™	August-2007	"	"	"
ADD-8106 The Midas Mistake™	August-2007	"	"	"

ADD-8030 Staying on Track

ADD-8030 Staying on Track	June-2007	4 hrs	\$300	250
ADD-8107 The Impulsivity Rundown™	September-2007	"	\$245	220
ADD-8108 MoodMender™	October-2007	"	"	"
ADD-8109 TimeSteps™	November-2007	"	"	"

THE IMPORTANT NOTE AT THE END

Registration information

1. DEADLINES for tuition options and class registration NUMBERS

The registration system will take care of noticing if you are within deadlines or not, eliminating Early-Bird options as they expire.

HOWEVER, ALL discount series have a special registration number next to them. You *must* use THAT number when you register to get the multiple module discount.

For example, use **only ADD-8002** to get the registration discount for the two Introductory modules (*including* the Enrollment JumpStart option). Unless you are only going to register for ONE, **don't** register individually (i.e., using both 8000 and 8001).

2. Registration confirmation & BRIDGE Numbers

You will receive an automatic confirmation as soon as you have registered. If the class is coming up *soon*, it will also contain the TeleBridge number - the number to call for your class.

"TBA" bridge numbers ("To Be Announced") will be sent to everyone registered as soon as we confirm bridge availability. **Watch for that email**

Bridge numbers will *not* be the same for all modules.

*Don't assume every module will be on the same bridge or you'll miss your class!! There's a very high probability that **not one soul** will be able to leave a class to answer the phone to give it to you again "last minute."*

Write the class name and bridge number in your DateBook – BETTER is to print and post the email where you can find the number when you need it to dial in.

Technology fails sometimes, forcing last minute changes in Bridge numbers. In that event, all registrants will receive an email notification containing the substitute. Make it a habit to check your email for last minute Bridge changes before *each* class (certainly before you assume you can't get on the Bridge!)

We send notices to the email address from which you registered -those of you with multiple email addresses, be sure to check THAT one.

3. SERIES Registration confirmation & Bridge Numbers -

(multiple module registration through use of a single discount number)

As above (if Bridge availability has been confirmed), you will receive the Bridge number for your *earliest* module with your registration confirmation. Subsequent bridge numbers will be sent by separate email **shortly before the first session of each subsequent module.**

The advice about keeping track of Bridge numbers goes *double* for you!