

AD/HD - DAVIS ATTENTION MASTERY PROGRAMME

The Davis® Attention Mastery programme provides effective tools to help adults and children age 8 and over.

Benefits:

- Enhanced Focus: Techniques to improve and maintain concentration.
- Improved Organisational Skills: Better ability to organise and complete tasks.
- Reduced Distractibility: Strategies to manage and minimise distractions.
- Self-Regulation Skills: Enhanced ability to self-regulate and manage attention spans.
- Better Task Completion: Increased ability to follow through with tasks.
- Non-Medication Approach: Drug-free methods to address attention issues

ADHD Is More Than Just “Not Being Able To Sit Still” or “Not Being Able To Focus”

People with ADHD may also have difficulty with:

Planning

Organising
Prioritising
Getting started
Time management
Sequencing
Procrastination
Shifting attention
Distractibility
Staying on task
Handling transitions
Hyperactivity
Impulse control

Monitoring

Maintaining energy
Alertness
Sustaining effort
Processing speed
Completion
Making decisions
Looking unmotivated
Self-regulating
Motor coordination
Fidgeting
Handwriting
Outbursts

Intense emotions

Frustration tolerance
Oppositional
behaviour
Reactivity
Defensiveness
Shutting down
Working memory
Recall
Forgetfulness
Issues in maths
Essay writing
Learning from
mistakes
Organising ideas

Forty years of empirical evidence shows that not only is attention deficit disorder (ADD/ADHD), dyscalculia (maths problems), and dysgraphia (handwriting problems), related, they are actually different faces or facets of the same basic condition - dyslexia. It was this realisation that allowed us to find the solutions which are now known as Davis programmes.

The Gift of Learning - Ronald D. Davis