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EMPOWERMENT



On The Right Road!
Live Shows the First and Third Sunday of
Each Month at 5 PM Pacific
**April 11th 2021: Breaking Through the Fatigue
Wall**

After a year of pandemic living and online learning, a whole lot of kids (and adults) have been hitting a fatigue wall. There are many related reasons, but in general, the "wall" has to do with the executive function part of our brains. With a full year of significant social isolation, primarily technology-based learning, and a weighty lack of human interaction, the affects have been great on our children's (and our own) mental and emotional health and well-being. If you or your kids are experiencing difficulty focusing, planning, paying attention, coming up with solutions to problems, managin

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Featured Guest



Cindy Goldrich

Founder of PTS Coaching, Cindy Goldrich is a leading authority and nationally recognized expert on parenting and teaching children with ADHD, executive function deficits, anxiety, and learning disabilities. Cindy coaches parents, provides professional development for school districts, and trains other professionals to become ADHD, EF, and LD coaches. She is also the author of the go-to ADHD support book "8 Keys to Parenting Children with ADHD." Having been translated into multiple languages, it is a concise, easy-to-read "crash course" for parents and teachers who work with ADHD kids based on her "Calm Connected" coaching model. Cindy also co-penned "Executive Function & Behavioral Challenge

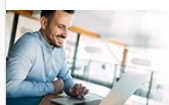
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