

## The **HOPE** programme

### Positive Outcomes for course participants

- ✓ Feel reassured and able to recognise own potential for making changes to enhance quality of life and happiness.
- ✓ Feel more able to support and share with others, less feeling of isolation.
- ✓ Recognise how by using the tools of this course will build confidence and self-efficacy.
- ✓ Feel more confident in dealing with own emotional issues and those of the children
- ✓ Understand and use positive communication skills and reflective listening
- ✓ Know how to achieve long and short term plans for change by using the goal setting steps.
- ✓ Address problems using the problem solving techniques of the course.
- ✓ Able to use and enjoy the relaxation methods practised on the course to refresh the mind and body.
- ✓ Be able to share the course experience and knowledge with children and others in the family.

#### Course participants' comments:

**“Being able to listen to others and their experiences. Participating in something in which I probably never would of unless I had joined this course. It gave me a better understanding of adhd and also opened my mind to what I can do to achieve my goals”**

**“New friends. Knowing other people go through the same things.  
The advice from others and ideas they have given”**

**“I have enjoyed the HOPE course, at first I wondered how 10 ADHD parents were going to be quiet enough and still enough to learn anything – but we have. I believe I have learned something from everyone, ranging from how to quick switch my phone to silent mode to how to be more positive and set goals to achieve more.**

**We have enjoyed a lot of laughter and some sadness – but to meet others with similar issues to mine has been a good thing. Having suffered bouts of depression in the past – this has given me a better perspective. Family life is calmer and we are having less issues at school”**

**“Over the last 6 weeks I enjoyed the conversation and company of people who are in the same position as me.**

**I found the Reflective thinking really helpful and have started to use it, not only with my child with ADHD but with other members of my family too. It was good how we started to open up during the course. What am I going to do on Wednesday Mornings now?!”**

**“Fun, laughter. Time for you. Relaxation. Positivity. I've really enjoyed the course, enjoyed meeting all the others on the course and have found value in me”**