

Discover the Difference:

Davis[®] Mastery for Attention Programme



We understand ADHD

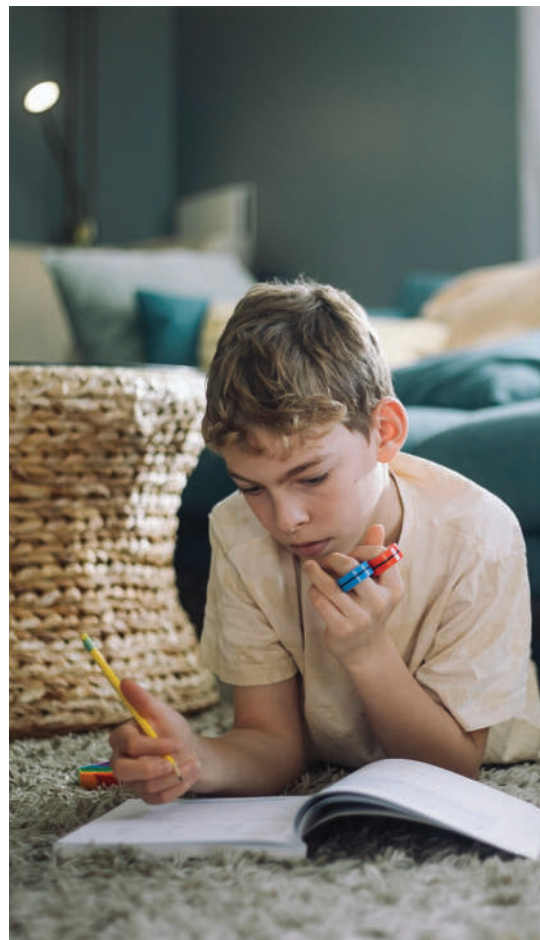
Do you feel like you're constantly fighting an uphill battle, while others seem to effortlessly navigate the demands of daily life? Are punctuality, organisation, and focus constant battles in your daily life?

Do procrastination and racing thoughts impede your ability to achieve your goals?

You are not broken! In a world of expectations, rules, and social norms that just don't fit the way you naturally operate, your special interests, ideas, and out-of-the-box thinking are your superpower – and Davis will help you unlock them!

Experience has shown us that individuals with ADHD generally exhibit invaluable qualities like higher than average sensitivity, empathy, creativity, courage, high intelligence, problem-solving abilities, increased environmental awareness, and perseverance.

We also recognise the daily challenges of living with ADHD and have a proven track record of empowering clients to overcome these obstacles. Our comprehensive programme equips individuals of all ages with the tools and techniques needed to profoundly transform their lives.



"Probably, for as long as you can remember, people have been telling you things like "Stop it!", "Sit still!", "Pay attention!" without ever telling you how to do any of it. They probably think you are doing what you do on purpose and you can simply stop. It's like telling a tiger to change its stripes, and like you, it can't."

Ronald D. Davis, author of The Gift of Learning.

Who is the Davis® Mastery for Attention Programme for?

Since every individual is unique, the Davis® Mastery for Attention Programme is tailored to you, offering a highly personalised, medication-free, one-on-one approach. This programme empowers you to understand and address the root cause of the physical and mental chaos experienced with ADHD. By providing you with the tools and self-awareness needed to harness your strengths, you can take control of the areas in life that are not working, and unlock the potential to achieve your creative and brilliant dreams.

Common characteristics of ADHD

Although every individual is unique, if you or a loved one experience these common characteristics, this programme is for you!

- Difficulty focusing attention
- Procrastination, and difficulty completing projects
- Impulsivity
- Easily distracted by unrelated thoughts
- Poor time management/experiences loss of time
- Social and interpersonal difficulties
- Need for constant movement or fidgeting
- Low self esteem or rejection sensitivity
- Anxiety or feelings of overwhelm
- Sensitivity to environmental stimulus
- Ability to multi-task
- Pattern recognition and ability to "connect the dots"
- Strong sense of justice
- Inconsistency
- Creative problem-solving skills
- Excels with special interests
- Bored easily



"Attention is not something you just 'have' or 'don't have.' It is something you can learn to master."

**Ronald D. Davis, author of
The Gift of Learning.**

Benefits of the programme

Whether you're a student striving to excel academically, a professional seeking to enhance your career prospects, aiming for improved relationships, or simply yearning for a life of ease, clarity and self-control, you are on the right path. With Davis, you can achieve these aspirations by discovering and cultivating your neurodivergent strengths so that they will work FOR you, rather than against you.

With our experienced facilitators and proven techniques, you'll learn how to:

- Understand the root cause of ADHD-related difficulties and how to utilise your gifted way of thinking
- Learn simple mental techniques to quiet your mind, regulate your nervous system, and be able to focus your attention - without the need for medication
- Reduce stress, anxiety, overwhelm and frustration
- Discover how your energy levels affect time perception and learn how to match them appropriately to your activities
- Elevate your self-esteem, confidence, and motivation
- Overcome challenges related to time management and organisation
- Develop and implement skills to effectively plan, execute and complete tasks
- Improve your relationships with others
- Create and establish order in any area of your life or environment
- Embrace your strengths, achieve your goals, and gain control over outcomes



What is involved in a Davis® Mastery for Attention programme?

You'll be guided through the program by a highly trained and caring Davis Facilitator, who will provide:

Transformational insights

The first step to overcome any challenge is to understand it. Our programme offers unique insights into the root cause of the difficulties with navigating the neurotypical world with ADHD: a perceptual gift combined with a talent for disorientation.

These insights will explain why you (or your loved one) struggle with change, time, creating order and sequence - essential concepts and life skills that can impact day to day interactions in life and relationships with others.

You'll also learn to recognise and manage disorientation - a must-have for gaining control of attention, focus and your **life**.

What is disorientation?

Contrary to popular belief, ADHD is not an attention deficit, it is attention overload! Commonly misunderstood, individuals with ADHD have the ability to sense more of the environment - and may see, hear, or feel things that others may not. This can lead to sensory overload, difficulties with focusing attention and engaging with the world, which can cause a person to become disoriented.

Disorientation gives rise to both the difficulty and the gift of ADHD. It is a strength when used to view and interpret the world in creative and innovative ways such as multitasking, inventing, problem-solving, imagining, and while playing sports. It poses challenges, however, when you need to be accurately in step with the world around you to receive accurate information, manage time, create order, and get along with others.

A toolbox for life

The goal for the Davis® Mastery for Attention Programme is to provide the best of both worlds: keep and understand the perceptual talent but be able to control it consciously when it acts as a barrier to succeeding in life.

Your Davis® Mastery for Attention Programme will equip you with simple but powerful perceptual tools that will empower you to:

- Identify the feeling of disorientation, and the triggers that cause it
- Discover the power of being oriented by controlling your attention - immediately improving focus and ability to engage with (and finish) activities
- Self-regulate your emotions, energy and stress levels without medication

What you can expect in your Davis® Mastery for Attention programme

A drug-free approach

The Davis approach empowers individuals to regulate their attention, emotions, and energy levels naturally, without dependence on medication or supplements, using straightforward mental techniques which are easily learned.

Once you've developed the ability to identify the distorted perceptions that hinder your executive functioning/learning process, you are then in the best personal state to identify and resolve confusions.

Conceptual understanding

You will also explore, master and internalise essential life concepts that will enhance social interactions, address attention issues, and improve executive function - leading to personal growth and increased control.

Tailored programme

Our personalised approach focuses on how to utilise your individual strengths and thinking style to help you achieve your unique goals.



Holistic support

Only you can manage your attention, focus, and interaction with the world around you. We understand that every client is different and we deeply respect your experiences and aspirations. Davis® Mastery for Attention utilises your innate creativity and thinking style as key components of the process. Our tools go beyond addressing attention difficulties – they will empower you for life. Through this programme, you will develop greater self-awareness and learn how to use your unique way of thinking and processing intentionally and to your benefit.

Expert guidance

Our programmes are delivered by highly trained and experienced facilitators who genuinely understand and care about your journey. They provide respectful, expert guidance every step of the way. Throughout the programme and beyond, you will receive comprehensive support and coaching necessary to navigate your ADHD journey successfully.

Learning methods that work

We understand ADHD from the inside and provide a safe and accepting learning environment.

Our signature clay-based approach provides an engaging, multisensory experience to eliminate disorientation triggers and master life concepts related to common tricky parts of life with ADHD like change, consequence, time, sequence, order and disorder. Together with the self-regulation tools, this process enables you to navigate life with a new lens, ensuring lasting success in establishing order, managing stress and getting goals achieved. Keep your out of the box thinking style and gifts intact and discover how it feels to operate in the neurotypical world more effectively.

ADHD and learning – the Davis options

Young children diagnosed with ADHD often have significant academic and learning barriers. Dysregulation, boredom, difficulty focusing and sitting still can be the perfect storm for missing life concepts and can lead to behaviour problems and difficulty with academic tasks. In some cases, dyslexia can also be present.

The Davis tools for focus and self-regulation are part of every Davis programme. Ask your facilitator for information on the Davis® Mastery for Dyslexia Programme if there are any reading or academic difficulties, as dyslexia can commonly coexist with ADHD. Your facilitator will be able to recommend the appropriate programme(s) and are well-trained to discern the needs of clients at the initial consultation.

Adults and teenagers who have successfully maneuvered past academic struggles but are frustrated because of poor organisational skills, difficulty completing projects, time management, or poor executive functioning skills will benefit greatly from the Davis® Mastery for Attention programme. We encourage you to share experiences and past struggles with learning and academics with your facilitator so these issues may be considered in the recommendations for the programme.



Disorder



Order

Programme format and timeframe

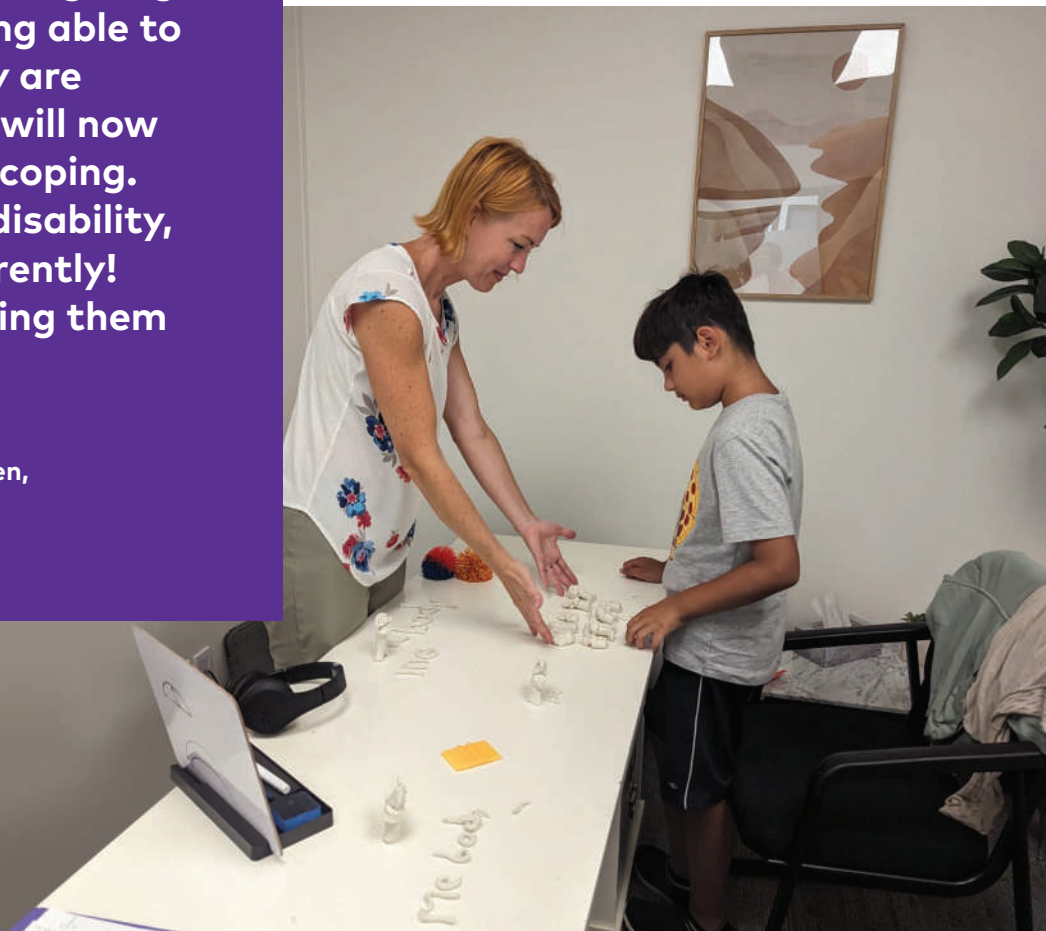
The programme spans 30 hours typically across 5-6 days to complete, with up to 6 hours of customised support included after the programme. In-person sessions provide an immersive experience, and when appropriate, an online option may also be available.

Support on your journey

At Davis, we believe in the potential of every individual, regardless of the challenges they may face. Let Davis be your partner and embark on a transformative experience that will redefine what is possible for you. Unlock your gifts and thrive.

"This is still one of the best gifts I have given my amazing children. Thank you for giving them the gift of being able to show and know they are extraordinary. They will now soar instead of just coping. They do not have a disability, they just learn differently! Thank you for teaching them the difference!"

**Mother of two teenage children,
both with ADHD.**



What happens next...

Join us as we guide you through each stage of your journey with Davis. We encourage you to ask as many questions as you'd like along the way, ensuring you feel empowered and confident that Davis is the right fit for you.

1. Free discovery call

Speak with a facilitator to share your situation and ask any questions you may have about the Davis programmes. Your facilitator will be able to discern if an assessment/initial consultation is appropriate.

Find a facilitator at <https://davismethod.com/facilitator/>

2. Initial assessment

Meet your facilitator (in person or online) and, together, determine if a Davis programme will be a suitable solution for you or your loved one. This meeting is key to establishing rapport, setting goals, and ensuring that the programme will be a fit for all involved.

3. Schedule your programme

Upon a successful assessment/initial consultation, the next step is to schedule your programme! Your facilitator will work with you find a mutually convenient time to get started.

4. Programme delivery

Your Davis programme is **delivered one-to-one by an expert facilitator**. This can be done in person or online. Davis Mastery for Attention programmes typically take around 30 hours spread across one or two weeks, depending on your situation.

5. Programme follow-up

On the last day of the programme, your facilitator will ensure that you and your support persons have a plan of action for your next chapter. Continued use of the Davis tools for orientation and self-regulation and application of the life concepts will set your transformative experience into motion and will redefine what is possible for you.

6. Post-programme support

Three 2-hour (up to 6 hours) post-programme visits are available after your programme at no extra cost.

Phone and email support are also available for continued support throughout the programme follow-up.

"The Davis Mastery for Attention Programme gave our daughter much more than we expected to help her with her ADHD. I've been impressed with how much her ability to modulate her interactions with her peers has improved, and how she is able to focus and organise herself better. The programme helped me see better how to encourage greatness in my child."

Mother of a Davis Mastery for Attention client age 11, USA.

Contact us

To find out more about
Davis® Mastery for Attention



davismethod.com



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"I believe the potential for genius in some form exists in all of us, if only we have a foundation on which to build our thinking and a goal we desire to achieve".

Ronald D. Davis