



Susan Hughes
ADHD Parent Coach M.Ed, ACC

The Confident ADHD Parent Formula

A 4-Week Parent Coaching Program at Trinity College



Parenting a child with ADHD is rewarding—and challenging. Many parents find themselves managing their child's emotional regulation, executive function challenges, and behaviour at home while navigating school systems and worrying about their own stress levels. This program is designed to change that.

What is The Confident ADHD Parent Formula?

A practical, evidence-based 4-week parent coaching program designed specifically for families raising children with ADHD. Delivered by Susan Hughes (M.Ed, Accredited Coach), this program combines lived parenting experience with neuroscience-informed strategies to help parents build stronger family relationships, manage stress, and support their child's success at home and in school.

What You'll Learn

- Understanding ADHD neuroscience and executive function challenges
- Building emotional regulation and resilience in your child
- Managing stress, homework battles, screen time, and sibling conflict
- Practical communication tools to strengthen family relationships
- Advocacy skills to partner effectively with your school

Program Details

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| When | Wednesdays: 29 April, 6 May, 13 May, 27 May (Break: 20 May) Time: 6:30 PM – 9:00 PM |
| Duration | 2.5 hours per session (4 weeks) |
| Location | Trinity College (venue details provided upon registration) |
| Group Size | Small group (maximum 20 participants) to facilitate personalised coaching support |



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Investment

Individual enrolment: \$399 per parent

Both parents/carers from same family: \$199 for second participant (50% discount)

About Susan Hughes

Susan Hughes brings a unique combination of personal parenting experience, academic expertise, and professional coaching credentials. She has been a valued contributor to Trinity College's Neurodiversity Week for the past two years, speaking on ADHD parenting to engaged families in the school community.

With a Master of Education (ADHD focus) and International Coach Federation accreditation, Susan has supported families across Australia navigating ADHD diagnosis, management, and family dynamics.

She partners with Parenting Connections (national parent coaching program) and delivers educator training across Western Australia. Her approach is practical, evidence-based, and grounded in genuine understanding of the ADHD parenting journey.

How to Register

Places are limited. To register or learn more, click the link below to access the program information and secure your spot.

Know other parents managing ADHD? Invite them to join—group learning is more powerful.

[Secure your spot](#)

Questions? Contact Trinity College and we can help point you in the right direction.

Parenting an ADHD child is a marathon, not a sprint. You deserve support.