

# Working with ADHD

## Unlocking Strengths and Optimising Success

with Dr Caroline Buzanko (Canada)



ADHD is one of the most common neurodevelopmental disorders in childhood, with symptoms continuing into adolescence and adulthood. The good news is that children with ADHD can and do succeed, especially when the adults in their lives understand how ADHD affects them and can provide the right kinds of support. Canadian Psychologist Dr. Caroline Buzanko will guide participants through an empowering, research-informed exploration of ADHD that celebrates neurodiversity and focuses on strengths, creativity, and potential.

This full-day workshop provides practical, hands-on tools to help children and youth with ADHD build self-understanding, emotional regulation, and success across learning and life. You will leave with fresh insights, moving beyond traditional “fix-it” models toward approaches that affirm individuality, foster connection, and promote thriving. When supported with understanding and compassion, children and youth with ADHD can excel. This workshop offers practical frameworks and a toolkit of actional strategies that allow neurodivergent learners to flourish.

### By the end of this workshop you will be able to:

- Explain a contemporary understanding of ADHD through a strengths-based lens.
- Identify and leverage the unique assets, talents, and creativity of individuals with ADHD to address challenges.
- Build environments that nurture autonomy, confidence, and positive identity in children and young people with ADHD.
- Apply effective, evidence-based strategies to promote ADHD success at home and school.
- Teach ADHD learners specific executive functioning skills that are essential for everyday life, including working memory.
- Explore multi-modal strategies to support regulation, focus, motivation, and learning.

This seminar will provide fresh knowledge and understanding, and a broad range of effective intervention and management ideas for anyone working with children with ADHD across the education, therapeutic, and support sectors. At the conclusion, participants will have a renewed perspective on ADHD and be better equipped to implement effective strategies to optimise success.



Dr. Caroline is a psychologist. Mother. International Speaker. Professor. Yoda of Anxiety. ADHD Superhero. Changer of Lives. She was honoured as the Psychologist of the Year for Alberta in 2024.

With nearly 30 years of experience working with neurodivergent children and families, Dr. Caroline is an internationally recognised expert in ADHD and resilience. Known for her engaging and compassionate teaching style, Dr. Caroline brings energy, clarity, and practical expertise to every session.

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### Tour Details:

- 📍 **INVERCARGILL:** 20 April 2026 - Ascot Park Hotel, Cnr Tay St & Racecourse Rd, Invercargill
- 📍 **TAURANGA:** 24 April 2026 - Trinity Wharf Hotel, 51 Dive Crescent, Tauranga
- 📍 **WELLINGTON:** 28 April 2026 - Movenpick Hotel, 345 The Terrace, Te Aro, Wellington
- 📍 **AUCKLAND:** 30 April 2026 - Naumi Auckland 153 Kirkbride Road, Māngere, Auckland
- 📍 **WHANGAREI:** 01 May 2026 - Plus Pavilion at Cobham Oval, 79 Okara Drive, Whangārei
- 🕒 9:00am - 3:00pm
- 💰 \$325 (incl. GST) includes full catering, notes, live bookstore and certificate of attendance
- 📞 Contact the Compass Seminars team on 06 7591647 or [office@compass.ac.nz](mailto:office@compass.ac.nz)

### 3 Ways to Register:

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