

About your coach

SmartCoach Founder Jimmy Rhee



Often the most exciting thing about coaching is the clarity, progress, and fulfilling experiences that lie ahead for my young clients. I coach children with Attention Deficit/Hyperactivity Disorder (AD/HD) and their families to find these life gems.

My focus is to empower the uniqueness of your AD/HD child who is different - different in a way that our society has not yet learned to appreciate. Many AD/HD children carry the label of being "disordered," which crushes their self-esteem and self-reliance. Labels can be inspiring or crushing. Ask any child who has been called "smart" or "dumb." I acknowledge that AD/HD can cause difficulties in life; yet, there are many positive qualities associated with it: Increased creativity, spontaneity, energy, keen ability to see insincerity in people, emotional warmth, to mention a few.

I firmly believe your child has a **unique gift of AD/HD!** My mission is to reclaim that gift.

Educational and Professional Background

- ICF-Approved coach training from Success Unlimited Network
- BS, MS, MBA and 2 years of law school. Attended Johns Hopkins University, University of Maryland and Georgetown University
- Over 20 years of entrepreneurial experience in enterprise creation and growth management with extensive record of directing turn-around situations
- Chief Instructor for world-renowned Jhoon Rhee Tae Kwon Do Institute

What the experts say

Coaching

"Coaching builds self-esteem, self-reliance, and empowers child's strength."

Thom Hartmann, Well-known author of ADD books

"Clients learn (from coaching) that basic worth is not measured by results! What is measured is effectiveness at learning how to create the results."

Diane Hetherington, Professor at Johns Hopkins University

Productive Behavior Modification

"Medication alone may not be the best strategy for many children. Children with anxiety, stressful circumstances, social skills deficits, etc...obtain maximal benefits from the combined treatment."

National Institute of Mental Health

"Treatment for AD/HD should always include a strong psychosocial component...medication is useful...a combination approach may be even more effective."

Center for Children and Families - SUNY at Buffalo

Martial Arts and SmartBrain Moves

"SmartCoach's martial arts and SmartBrain moves with emphasis on the basic triad of AD/HD (inattentiveness, impulsivity, and hyperactivity) 'switch on' the brain-integration mechanism necessary for efficient learning.

Jimmy Rhee, SmartCoach Founder

Only SmartCoach integrates the concepts that experts recommend for success!

Attitude • Attention • Ability

...key ingredients for successful performance in academic, social and personal settings

www.smartcoach.us
info@smartcoach.us



A Unique Program for Children with AD/HD and Others with Academic, Social or Personal Challenges

We don't teach reading or math

- We shape **Attitude** to reclaim child's confidence and motivation
- We teach **Attention** to amplify child's talent of creativity, energy, and drive
- We coach **Ability** to sculpt perceived deficiencies into an asset



www.smartcoach.us
410-312-5500

CONCEPT

SmartCoach is the only program which integrates the concepts that experts recommend for children with AD/HD or other challenges:

- **Coaching techniques** that focus on strengths and successes to reclaim self-esteem and build self-reliance
- **Behavior exercises** to help change one's attitudes for more productive behaviors.
- **Martial arts and SmartBrain moves** for structure and discipline, as well as fitness to stimulate and oxygenate the brain.
- **PC-based attention training** to enable one to see a direct correlation between attention and behavior— an empowering experience!

Experts view AD/HD as a collection of symptoms, some positive, some negative. Given this, your child needs an integrated plan that includes a mixture of proven approaches.

Help children find and build on their strengths. It is on these islands of "strength" or "competence" that self-esteem, confidence, and motivation take root and grow.

At SmartCoach, your child will learn new skills, make new friends, and have fun doing productive activities!

"Whatever you can do or dream, you can, begin it. Boldness has genius, power, and magic in it. Begin it now." - **Goethe**

PROGRAM

Based on coach's evaluation, a child participates in one or more of the following group or individual programs:

Group

Private sessions also available

1. **Behavior Modification** to help change a child's attitude for productive behavior
2. **SmartCoach Martial Arts** designed for structure, discipline and brain stimulation



Individual

1. **Attention Training** similar to the one developed by NASA for astronauts to stay attentive in the cockpit. Designed to increase concentration, short term memory, and ability to complete tasks.



2. **Personal or Family Coaching** for those dealing with difficult situations due to child's AD/HD, intensity or other challenges. For families, coaching presents an opportunity for greater connectedness and lasting solutions.

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BENEFITS

SmartCoach can help your child

- Reclaim self-esteem
- Learn productive behaviors
- Learn academic, social and personal skills
- Attain a healthier mind and body
- Become a **"black belt in attitude, attention and ability"** - a child who can redirect and transform a ton of potential into extraordinary results

The Center for Children and Families recommends that "children start behavioral treatments early!"

Younger students obtain more immediate and lasting benefits because the training becomes an ingrained part of their character before that character is fully formed.

Help your child achieve success!

Testimonials from SmartCoach pilot program participants

"He is more focused. He can concentrate and is able to complete his homework." JB—Keyser, WV

"My son is more manageable and calmer. I enjoy being with him." EC—Gaithersburg, MD

"His tendency to over-react has subsided." CC—McLean, VA



Empower Your Child's Uniqueness