

Lyn Oualah – Biography, Qualifications and CPD

Hi – I’m Lyn and I’m a parent of 4 grown-up children, one of whom had a formal diagnosis of ADHD as a child which has meant life has been anything but plain sailing!

I’m a teacher by trade with 30+ years of experience and I have also spent 17 years with a local Youth Offending Service (YOS) both of which have provided me with innumerable opportunities to meet and work with hundreds of parents from all walks of life.

Since becoming an accredited ADHD Coach and ASD advisor 18+ years ago I have been supporting parents, professionals and individuals to feel confident about coping and dealing with the challenges that arise when living and/or working with anyone with ADHD, Autism and/or other additional needs.

I am committed to championing the interests of adults and children alike in order to achieve solutions that result in win-win outcomes for all parties wherever possible.

My empathic and personal involvement is underpinned by an Observe, Do, Review approach to parenting as it’s an effective tool for learning. It makes for the creation of dynamic and credible strategies so that the teaching and learning experiences are both manageable and practical.

I also help parents to understand how language works and how to use it more effectively to get the results they want and deserve.

Having delivered in excess of 50 parenting courses and 250 individual workshops as well as having facilitated hundreds of 1:1 face-to-face (and latterly Zoom) sessions with and/or for parents, I am definitely what you call ‘Qualified in Life’!

I regularly attend conferences/lectures on ADHD, ASD and other relevant or related conditions/disorders in order to keep abreast of current thinking and research. I became an accredited ADHD/ASD coach in January 2004 having been trained at The Coaching Centre UK in London by Dianne Zaccheo who facilitates ongoing supervision of ADHD coaches. I am willing and able to provide a range of training and workshops for families, parents or carers and professionals alike.

PERSONAL INFO

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| Full Driving Licence – Clean Qualified Teacher Status (QTS) |
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MEMBERSHIP OF PROFESSIONAL ORGANISATIONS

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| NAS/UWT (Teacher) | Full Membership |
| Research in Practice | Full Membership |

CONVICTIONS/DISQUALIFICATIONS

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| None – Enhanced Disclosure and Barring Service (DBS) available on request |
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WORK RELATED TRAINING/CONTINUOUS PROFESSIONAL DEVELOPMENT (CPD)

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| 2001 – Restorative Justice (A 5 day facilitator’s skills course) |
| 2001 – Difficult, Disturbing and Dangerous Behaviour |
| 2002 – ADDISS Conference – ADHD: The First Century of Understanding (3 days) |
| 2003 – British Sign Language (Stage 1) |
| 2004 - ADHD Specialist Coach Training (Level 1 of 3) |
| 2004 - 2006 A Series of One-day Conferences related to ASD |
| 2004 – 2008 Team Teach (Basic Training + Refreshers) |
| 2005 – British Sign Language (Stage 2) |
| 2005 – ADDISS Conference – 7 th International ADDISS Conference: Quality Matters (3 days) |
| 2006 – Understanding Asperger’s & Autism |
| 2006 – Conference: “Between a Rock and a hard Place” – Exploring Hidden Disabilities |
| 2007 – ADDISS Conference – 8 th International ADDISS Conference: How do you solve a problem like ADHD? (3 days) |
| 2007 – Drug Awareness Training (Level 2) |
| 2007 – Conference: Attachment & Child Maltreatment |
| 2007 – Safeguarding Children Training (Level 1) |
| 2008 – Solution Focussed Therapy (An Introduction) |
| 2008 – Coaching Skills for High Performance (3 days) |
| 2008 – Project Management |
| 2008 - Positive Parenting Programme® (Triple P Level 4 Standard Stepping Stones for Disabilities/Disorders) |
| 2008 - Positive Parenting Programme® (Triple P Level 4 Group 0-12 years) |
| 2008 - Positive Parenting Programme® (Triple P Level 4 Teen) |
| 2008 - ADHD Specialist Coach Training (Level 2 of 3) |
| 2009 - Positive Parenting Programme® (Triple P Level 5 Enhanced) |
| 2009 - Positive Parenting Programme® (Triple P Level 5 Pathways) |
| 2009 - TEACCH: Division TEACCH North Carolina at Chapel Hill (Prior’s Court, Newbury 5 days) |
| 2009 – SF Champions Training Programme - “Solutions for Reading” (3 days) |
| 2010 – Universal Safeguarding Children |
| 2010 – ASD Awareness Training |
| 2011 - Positive Parenting Programme® (Triple P Level 3 Primary Care Teen) |
| 2011 - Working with Young People using Violence in Close Relationships (3 days) |
| 2011 - Domestic Abuse |
| 2012 - Trauma |
| 2012 – Self Harm |
| 2012 – Safeguarding – A Shared Responsibility |
| 2012 – Signs of Safety Training (Safeguarding) |
| 2012 – ADDISS Conference – 10 th International ADDISS Conference: From the Heart (3 days) |
| 2013 – AIM 2 Intervention: Young People displaying sexually harmful behaviours (4 days) |
| 2015 – Child Sexual Exploitation e-learning course |
| 2015 – LSCB – Introduction to Child Sexual Exploitation |

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| 2016 – Universal Safeguarding Children |
| 2016 – Parenting Programme “Who’s in Charge?”- Adolescent to Parent Violence & Abuse (8-17yrs) |
| 2016 – DASH/MARAC Workshop |
| 2016 – Emergency First Aid at Work |
| 2017 – Disguised Compliance (West of Berkshire LSCB Forum) |
| 2017 – Advanced Autism Training |
| 2017 – Safeguarding Adults |
| 2017 – Channel General Awareness Module (College of Policing) |
| 2017 – Managing Challenging Behaviour e-learning course |
| 2017 – Sexuality, Puberty and Relationships in Autism |
| 2017 – PSC Conference: Recovering from Trauma through Attachment |
| 2017 – Universal Safeguarding Children |
| 2018 – PSC Conference: Child to Parent Violence and Abuse (CPVA) |
| 2018 – PSC Pathological Demand Avoidance (PDA) Workshop |
| 2019 – Universal Safeguarding Children |
| 2019 – PSC Conference: Pathological Demand Avoidance (PDA) |
| 2019 – PSC Lone Worker Training/Workshop |
| 2019 – ADHD and Medication Workshop (Dr Carsten Vogt, CAMHS) |
| 2019 – PSC Sensory Processing Disorder workshop |
| 2020 - Creative education: Breaking the Cycle of Self Harm (Dr Pooky Knightsmith) |
| 2020 - Creative Education: Meeting the Needs of Pupils with SEN (Dr Pooky Knightsmith) |
| 2020 – Creative Education: Breaking the Cycle of emotionally base school avoidance |
| 2020 – Grey Matter Learning: Epilepsy Awareness |
| 2020 – Digital ACE Project (HOLEX): Online Safeguarding and Prevent |
| 2020 – PSC Conference: SEND and Mental Health |
| 2020 - Parenting Programme – “Take 3 Parenting” (Nurture, Structure, Self-care) |

For any additional information or clarity which you may require, please contact me directly!