

GET REAL!

THE AUTHENTIC ADHD WOMEN'S WEEKEND

WELCOME PACKAGE



Congratulations on registering for this soon-to-be-amazing weekend.

We're delighted that you'll be with us at GardenSpirit Guesthouse. And I'll bet you have questions. So here are lots of answers!

Where will we meet?

The entire weekend will take place at Linda's retreat house, GardenSpirit, 5416 Inverness Drive, Durham NC 27712

Is this an ADDiva retreat?

Not exactly. At an ADDiva retreat, there are morning, afternoon and evening sessions. The Get REAL! weekend will have sessions only in the morning and afternoon - your evenings are free.

How long are the sessions?

Morning: 10:00 am to 12:30 pm
Afternoon: 1:30 pm to 6:00 pm

Do I have to go to all of them?

Yes. Yes. Yes. Yes. Yes. Yes. Yes. Yes. Affirmative!



GardenSpirit front foyer



GET REAL!

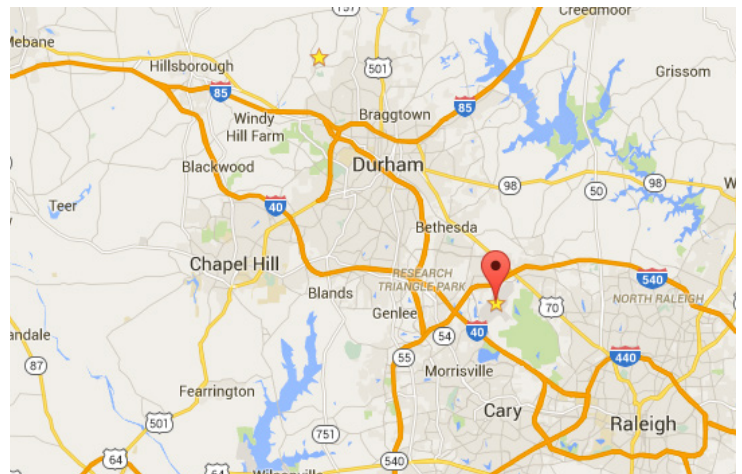
THE AUTHENTIC ADHD WOMEN'S WEEKEND GETTING & STAYING HERE

When should I arrive?

To be on time for our first session, it would be best to arrive on Friday night, unless you live within close driving distance to GardenSpirit Guesthouse.

What airport should I fly into?

RDU (the Raleigh-Durham International Airport) is just 30 minutes from GardenSpirit and serves all major airlines and some smaller ones, too. Rent a car or take an Uber to your hotel or the Guesthouse.



Where do I sleep at night?

There is a list of nearby hotels on the next page of the Welcome Package. Feel free to call any of them for reservations but do so quickly. That's the weekend Duke students return so hotel rooms will be scarce.

Why can't I stay at GardenSpirit Guesthouse?

You CAN! We have room for four women at GardenSpirit. The price per night is in line with local hotels: \$120 per night (no taxes which saves a lot of money). You must let us know IN ADVANCE if you want to stay here. Email Janine at janine@addiva.net Pictures of GardenSpirit are here:

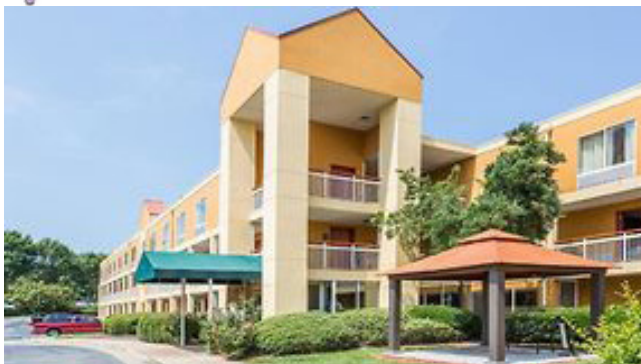
<https://www.airbnb.com/rooms/8282836>





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THE AUTHENTIC ADHD WOMEN'S WEEKEND HOTELS



Quality Inn & Suites

\$69.00 per night
3710 Hillsborough Rd,
Durham, NC 27705
(919) 382-3388
<http://www.duke85.com/>



Holiday Inn Express Durham

\$134.00 per night
2516 Guess Rd, Durham, NC 27705
(919) 313-3244
<https://www.ihg.com/holidayinnehttps://www.ihg.com/holidayinnexpress/hotels/us/en/reservation>



Hilton Durham

\$149.00 per night
3800 Hillsborough Rd, Durham, NC 27705
(919) 383-8033
<http://www3.hilton.com/en/hotels/north-carolina/hilton-durham-near-duke-university-RDUDHHF/index.html>



Hampton Inn & Suites North I-85

\$169 per night
1542 N Gregson St, Durham, NC 27701
(919) 688-8880
<http://hamptoninn3.hilton.com/en/hotels/north-carolina/hampton-inn-and-suites-durham-north-i-85-RDUNOHX/index.html>

NOTE: We will make one trip to each of these hotels in the morning and again at night both days of the Authentic ADHD Women's Weekend. You MUST BE READY when we arrive.

If you stay elsewhere, please make sure you have transportation to the Guesthouse.



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THE DAY'S AGENDA

What's on the menu for our weekend?

Saturday morning: we'll get to know each other, establish some standards of support for the entire weekend and skim through ADHD basics.

Saturday afternoon we will delve into your own ADHD story - how did it play out? When did you notice it? What happened after you were diagnosed? Writing your own story is the first step toward getting out of your own way so you can SOAR!

Sunday morning: we'll dig deeper. What does it mean to be authentic? What's stopping you from going there right now? What are you afraid of? Or WHO are you afraid of?

Sunday afternoon: the Big Guns come out. You'll rewrite your ADHD story with a nod to your newly-awakened consciousness. And create an action plan to start peeking out of that ADHD closet you built so carefully. All within the safety and support of the other women and Linda.





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THE REST OF THE STORY

What should I bring with me?

We will provide notebooks and pens plus snacks and other goodies, so you really don't need anything except YOU (and a change of clothes, probably). However, if you prefer your own writing materials, bring them along.

In fact, bring whatever makes you comfortable - a soft pillow, soothing lotion, your favorite slippers (yes, we will be "at home" so you can dress down all day long. And speaking of which

What should I wear?

The entire weekend is CASUAL No need to dress up, wear makeup, get your hair cut. We're here to acknowledge you just the way you are



Set aside your anxiety and fear

The entire weekend will be nurturing and safe. You can truly be yourself without the first raised eyebrow or hint of judgment. You drop your coffee on the floor? Heck, we clean it up. You forget where your bedroom is? We'll show you. You talk too much? We'll listen too much (and perhaps gently bring you back to the topic at hand).

In short, this is YOUR weekend. Support for You to be You. We ADDi-vas need that. A lot. Can't wait to see you at GardenSpirit.