

MICHAEL J. GARANT, PH.D. – OWNER SMART COACH CENTER



How I perceive AD/HD.

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. The many educators and healthcare professionals you have encountered may not see this difference as a gift or strength. Instead, they classify it as a disorder to be corrected.

The empirical model of AD/HD, conducted on clinical populations who experience the most problems, defined by the symptoms and behaviors that can be quantified, irrefutably points to the fact that AD/HD is a biological condition. AD/HD, viewed from this perspective, comes out as "pathology" and becomes defined essentially in terms of symptoms and impairments. It is no wonder then why so many AD/HD children carry the label of being

"disordered." This negative labeling crushes child's self-esteem and self-reliance. Labels and perceptions can be inspiring or crushing to a child. Ask any child who has been called "smart" or "dummy." I acknowledge the fact that AD/HD can cause difficulties in life; yet, there are many positive qualities that are associated with this complex biological phenomenon: Increased creativity, spontaneity, energy, keen ability to see insincerity in people, emotional warmth, to mention a few. These traits cannot be empirically measured, but that does not mean these positive and wonderful traits are not real or unproven. For this reason, I firmly believe that your child has a unique gift of AD/HD! My coaching mission is to reclaim your child's gift.

EDUCATION & PROFESSIONAL BACKGROUND

- 💡 Michael J. Garant received his Bachelors of Science degree in Chemistry from the University of Massachusetts Dartmouth and subsequently went on to earn his Ph.D. in Chemistry from the University of Massachusetts Lowell.
- 💡 He furthered his training in the study of obesity diabetes & Aging at the National Institutes of Health and at the University of Maryland, where he was an Assistant professor.
- 💡 Dr. Garant is currently the Director/Owner of the Smart Coach Center in Columbia, MD. He strongly believes in family values and is a strong proponent of education, which is reflected in his history and the Smart Coach programs he teaches.

MARTIAL ARTS & COACHING BACKGROUND

- 💡 Dr. Garant has a Second Dan Black Belt from the world renowned Jhoon Rhee Institute of Tae Kwon Do.
- 💡 He has been successful in helping children with anger management, confidence, respect, and focus issues. He helped these students succeed at school and at home. They began to show initiative at home by taking charge of their chores and keeping their rooms clean. Furthermore, these students chose to make their home work a priority over video and computer games, which lead to better grades.
- 💡 He has had the privilege of instructing special needs individuals, such as ADHD and developmentally challenged children and adults. He has enabled these students to become successful in the classroom and in life.
- 💡 He has instructed adults with confidence and weight management issues. He helped these individuals achieve their goals.