

# Good practices in Italy

## “Organizzare Italia”

Organizzare Italia is a training and consulting institution: it carries out training courses for companies, schools, teachers and individuals to evaluate and enhance organisational skills. It is the reference point for Professional Organisers: it offers training courses, publishes sectorial publications, and created the FunOrganize brand to strengthen the organisation's supply chain. The company is an observatory of the sector: it promotes research and dissemination of personal organisation, analyses the market and observes trends, produces data, elaborates surveys.

Organise Italy idea methods: is committed to studying and disseminating methods to facilitate personal organisation and training of organisational skills.

The experience and know-how of Organizzare Italia arise from the desire to continuously do research and development in a sector that is becoming increasingly scientific. Training and consulting are the result of this research and experience in the field.

It regularly organises courses for Professional Organizer, which is defined as a professional figure who bases his ability on predisposition, experience and training. The latter is essential to access the market and respond to the needs of its customers. Continuous training allows you to acquire valuable technical preparation and to start your own freelance business.

The company has provided as a first training step the Basic Course, which allows to have an overview of the issue. The Advanced Course deepens the topics and is recommended for those who have decided to undertake this profession, while with the Specialization and monothematic courses the Professional Organizer acquires useful skills for his profession.

Organizzare Italia team – which is part of APOI Associazione Professional Organizers Italia, and signs and applies the APOI code of ethics in its work – says of itself: “We are a team of experienced and continuously updated Professional Organizers from all over Italy. We support people and collaborate with companies to help them regain balance, greater well-being and satisfaction through the recognition, evaluation and training of personal organisational skills. In recent years we have trained people, created specialisations, opened new markets in order to make these skills more and more accessible to everyone”.



## “Parents for parents” project, coordinated by Associazione Italiana Famiglie ADHD

The story of the ADHD Project "Parents for Parents", which will then materialise in the AIFA Onlus Association, starts from an experience of pain and difficulty of a couple with four children, one of whom suffers from ADHD: the spouses Raffaele and Giulia D'Errico. It is about parents who help other parents. The idea, that is, starts from the conviction that even something tremendously ugly, as it might seem to have "a problematic child", can turn into something beautiful if we learn to share and help those who, in suffering, ask us for a hand.

On October 20, 2001, the "Parents for Parents" Project will be presented to the Holy Father John Paul II in St. Peter's Square on the occasion of the prayer vigil on the eve of the beatification of the first Christian couple, *Luigi and Maria Beltrame Quattrocchi*: a project of love, availability, understanding, help and scientific dissemination on a problem as widespread as it is unknown.

The Association is non-profit and pursues exclusive purposes of social solidarity, education and scientific dissemination in the field of attention disorders and hyperactivity that are expressed in a project called ADHD Project "Parents for Parents", parents who help other parents. In particular, the Association aims to:

- create a network of parents available to listen to and help parents in difficulty;
- coordinate and encourage contacts between families with ADHD problems (adults and children);
- convey information and updates of a scientific nature using mainly IT means, promoting and producing informative editorial material (periodic and / or occasional publications) aimed mainly but not exclusively at its associative fabric;
- promote the dissemination of scientific knowledge on ADHD and its therapies, contributing to the capillarization of resources to promote diagnosis and its multimodal treatment;
- promote contact, dialogue and coordination between the various health, school and social structures and the respective operators involved both in the daily life of the ADHD child and in the diagnostic-therapeutic path of the disorder, promoting meetings, congresses and training and culture courses;
- promote various charitable initiatives (shows, performances, tournaments, competitions, etc.) whose proceeds will be used to finance the non-profit projects of the Association;
- create an Italian mapping of centres and professionals experienced in diagnosis and its treatment, coming into contact and collaboration with them;

- encourage collaboration and organisation, in the forms deemed most appropriate, of cooperation and joint initiatives with other national, European and non-European bodies and associations that have purposes in harmony with those of the Association or that pursue similar and complementary purposes to the achievement of the purposes set out;
- encourage contact, dialogue and coordination with other associations dealing with disorders that enter into comorbidity and / or differential diagnosis with ADHD;
- defend the rights of ADHD individuals and their families to improve the social acceptability of the disorder and their quality of life.

The AIFA APS association frequently organises the “Parent Training course”, both offline and online, aimed at parents of children with Attention Deficit / Hyperactivity Disorder attending primary or secondary school. The parent training program will be as follows:

- The characteristics of ADHD.
- The positive behaviours of parents.
- The observation of the child.
- Educational choices that favour self-regulation.
- How to deal with problem behaviours.
- Parent-child communication.
- How to manage the conflict?
- Aggressive behaviours.
- An assessment of the work done.

It also organises an online mindfulness course for adults with Attention Deficit/Hyperactivity Disorder, based on Mindful Self-Compassion (MSC), which aims to work with the typical characteristics of Attention Deficit Hyperactivity Disorder with the aim of promoting the full achievement of awareness and kindness towards oneself.



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