



What to Expect from the ADHD COACHing Process

*Wired differently? Embrace your uniqueness.
In the not normal lies extraordinary.*



Committed. Compassionate. Collaborative. Creative.

Your ADHD Coach is a *committed, compassionate, and collaborative partner* with specialized training in ADHD coaching. The coaching process allows you to optimize your personal and/or professional goals through a "thought-provoking and creative process" of self-discovery and transformation.



Opportunities. Open-Minded. Objective. Outcomes.

Your ADHD Coach 1) provides a framework for assessing challenges and identifying *opportunities*; 2) is *open-minded, objective*, and never judgmental; 3) champions your potential to achieve your desired *outcomes*.



Attentive. Ally. Awareness. Ability. Actionable.

Your ADHD Coach is an attentive listener and supportive *ally* who helps you develop greater self-awareness, allowing you to recognize and build upon your strengths. As a partner in the process, your coach respects your unique *ability* to learn, make desired changes, and develop *actionable* goals.



Curiosity. Cathartic. Clarity. Catalyzing.

Through *curiosity* and discovery-based inquiry, your coach elicits strategies and solutions devised by you. The ADHD coaching process can be *cathartic* – fostering *clarity* and shifts in perspective, promoting insights, and *catalyzing* decisive and goal-directed actions.



Honors. Healthy. Humor. Hope.



An ADHD Coach *honors* the client, supports the development of a *healthy* outlook, and often uses *humor* to lighten or brighten a situation. The ADHD coaching process opens doors to new possibilities, fueling *hope*.



Flex your strengths and take small steps to develop momentum towards your goals.



ADHD C.O.A.C.H.

In summary, your ADHD COACH asks powerful questions which ignite your thinking and creativity, empowers you to develop new perspectives, helps you recognize your capabilities and strengths, promotes trust in yourself, and motivates you to take action.



Creating Transformational Change



grounded in
what's right, what's working, what's wanted, and what's needed to get there