

Coaching is -

An opportunity to be thinking partners.

Often people want to be coached on barriers that may be influenced by ADHD or have just been long term struggles. Some of these are:

- Planning and management skills
- Healthier self-esteem and relationships
- Facing negative self talk and emotional dysregulation. Coaching can improve negative judgment and addresses any issues a person may have in the area of Rejection Sensitivity
- Self-motivation - Initiating tasks that are overwhelming or you may find least interesting, but necessary
- Planning and organizing oneself to be more effective - time management
- Understanding procrastination and creative ways to work with it

ADHD Life Coaching is an opportunity to examine your thinking and to think differently. To think differently, it can be helpful to have a witness, in this case a Coach, to help you examine your thinking and thereby invite new ways to look at and approach situations that are not working as smoothly as you might like.

There is a belief that we are coaching the problem. In actuality, the coach is coaching the person, who has more inner resources than they can access under the stress of the situation that is currently limiting you. Coaching provides a space to hone in on an issue and the thoughts that can limit our ability to see a way through it.

Coaching the person means the coach listens to you, reflects back to you and asks questions to help you. It's an opportunity to both find and really hear your own knowing around building viable solutions that will work for you. It doesn't mean coaches don't offer ideas. As an ADHD life coach, I can provide unique entrances or encourage outside the box approaches that work for your brain and your unique challenges.

It is often helpful to come prepared with a topic that you would like to focus on and an idea of the outcome you would like to both see and feel.