

Demystifying ADHD Coaching

- Who we are
- What we do
- How we Support Change and Growth

Professional ADHD Coaches are....

- Professional ADHD coaches are trained by ADHD Coach Training Programs that are **accredited**
 - International Coach Federation (ICF)
 - Professional Association of ADHD Coaches (PAAC)
- Committed to professional ethics and standards
- Have or are working towards credentialing
- Value professional development

Anyone can hang up a shingle...



What We Don't Do

- We don't give medical, financial or legal advice.
- We don't provide diagnoses, assessments or counseling for ADHD (or any other condition)
- We don't give advice or suggest strategies - we co-create strategies with our clients.

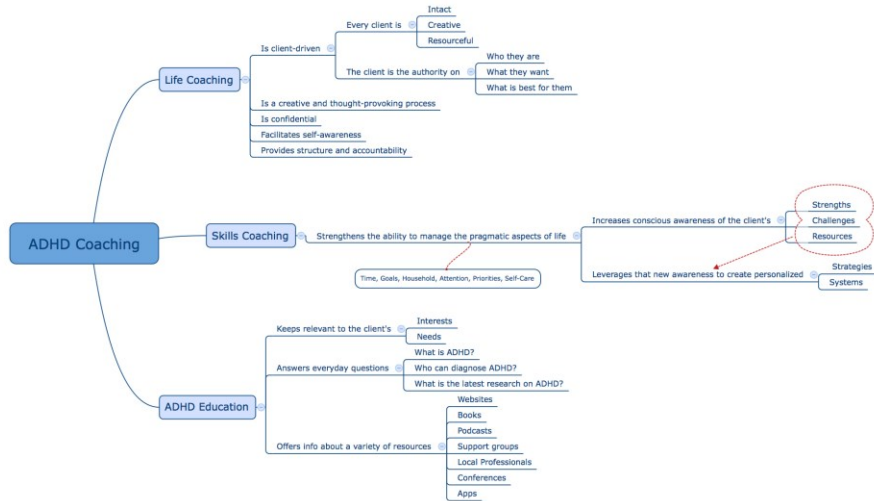
What Do ADHD Coaches Do?

- Create a safe, supportive environment to explore
- Assess clients qualities such as strengths and the way they prefer to learn.
- Support clients in creating strategies that address the unique ways ADHD shows up for them.
- Support clients in identifying and addressing limiting beliefs and replacing them with beliefs that serve them.
- Support clients in personal development and moving forward in life - creating vision, identifying values and needs, developing boundaries and standards.

What is ADHD Coaching?

Brought to you by *Ellen Pepler Coaching*

Definition courtesy of the ADHD Coaches Organization a 501(c)6 non-profit association created to advance the profession of ADHD coaching worldwide.



How Are Coaches Trained

- ADHD Education
- Personal Development / Personal Transformation
- Life Coach Training

Understanding ADHD

- Understand the differences and challenges of the ADHD brain and how they show up for individuals in different situations.



The Learning Continues

- Training continues after the course as coaches continue to develop skills in areas such as Positive Psychology, Mindfulness, Executive Functioning, Willpower, Habit Change, Goal Setting, and ADHD Parenting Strategies.



Family Coaching

- Family coaching is for parents and kids... but mostly parents.
- The most recommended treatment for children (under age 6) with ADHD is behavior therapy... or 'parent training' for short.
- The most recommended treatment for children (ages 6 – 11) with ADHD is a combination of medication and 'parent training'.

Coaching Adults with ADHD



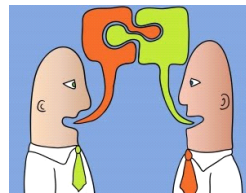
What Happens in a Coaching Session?

- The client brings the agenda, and with coach support, defines what they would like to get out of the session.
- Coaches ask open ended questions, listen actively, reflect and make observations. They are objective and help you to shift your perspective and actions.
- The coach educates the client about ADHD, as appropriate.
- Together, the coach and the client create new actions and practices, explore what might get in the way, and determine accountability,

Find YOUR Coach

What matters to YOU?

- Training and credentials?
- Experienced?
- Has ADHD? Doesn't have ADHD?
- In Person? Phone? Skype? Zoom?
- Specializes by Ages? Gender? Profession?
- Good connection?
- Availability?



How to Find Your Coach

- Just... 
- CADDAC <http://caddac.ca/adhd/documents/adhd-coaches/>
- TotallyADD.com – partners with the ACO (ADHD Coach Organization)
<http://totallyadd.com/coach-directory/>
<https://www.adhdcoaches.org/find-a-coach/>
- ADDCA <http://addca.com/adhd-coach-training/ADHD-Coaches/>
- Internet Search using keywords (i.e. ADHD, Coach, Calgary, Adults)
- Word of Mouth - Other ADHD Professionals, Groups, Organizations

Contact Us

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