



## About Coaching

**We begin by gathering information.**

***You are unique. Let's figure out who you are and what you care about.***

Sometimes this piece gets overlooked. It's tempting to skip right to problem-solving.

Instead, we pause at the outset to explore your strengths and interests, and any known barriers.

Who are you?

- What do you do particularly well?
- What ignites and excites you?
- What do you avoid at all costs?

We answer some questions that give us important general information about you – your values, your passions, your hopes and dreams, your current habits and routines, and what you want the coaching process to lead to.

***This work at the start is critical. By taking time to think about and understand who you really are -- what you really care about and want -- you will design meaningful and authentic steps that truly work for you.***

**We collaborate.**

You set the agenda for our coaching conversations, which move you towards outcomes which are meaningful to you.

***In ADHD coaching, we listen carefully for who you truly are -- to deepen self-awareness and help you acknowledge what you want-- your hopes and dreams for your best self.***

***We use your strengths – what we know you do well – to help strengthen your ability to do the things you might avoid.***

***We also look for the places where your desires aren't in harmony with where you're heading or what's happening in your life right now.***

- Are your systems strong enough to get you where you want to go?
- Are you telling yourself stories that may be holding you back?
- Do you need more support?
- Have you really figured out what you want?

Coaching conversations take various forms. Each client is seeking uniquely crafted, personal outcomes.

Our conversations will be about you as we craft and move towards your outcomes -- and I will always listen and respond to you.

We will use what we learn about you and your preferences (communication and learning styles) to help you plan for and move through your various big and small life events in every environment (home, school, work, social life) with a growing sense of ease and self-assurance.

- One client may want a very tangible strategy to leave the session with two specific "action items" for a trip the following day.
- Another client may arrive wishing to avoid getting angry in an upcoming annual review at his employment site.

### **My role, as your Coach**

As your Coach:

- I will provide unwavering support and understanding.
- I will give you a safe space and listen without judgement.
- I will bring years of experience, thoughtful questions and insight, and a range of strategies and resources to support you as we design your course forward.
- I will reflect what I am hearing truthfully and compassionately, but I may also ask you difficult questions or use humor if I feel it might help illuminate information. ***Please tell me if humor bothers you. I understand – and I also think this is important.***
- I will be there no matter how long it takes. Sometimes you will notice right away (simply by hearing yourself speak) why or where an issue exists. Other issues take more time to untangle, and we'll break it down – and try to see it through.
- I may challenge you at times. Please know I do this with great respect and with your best interest in mind. I invite you to consider that I may, at times, believe in you more than you believe in yourself.

- I'll be a full partner. If you are willing to trust the process and believe in your promise, I will help you design, travel towards, and remain accountable to your desired outcomes.

**Your role**

Come to scheduled appointments or cancel with advance notice.

Come to coaching ready to talk about what is going well or about real challenges.

Let me know if anything in your life is interfering with coaching or taking action (or if there is something preventing productive coaching right now, period.)

**Let's get started!**