How a Coach Can Help You with Your ADHD Management

by BRENDA VANTA

ADHD Coaching

You probably hear that everyone needs a coach nowadays. We live in the “information age” and are bombarded with tons of information. There’s enough information to fill 174 newspapers every day. Therefore, it is easy to lose focus and not be able to accomplish our goals. Someone who already has problems maintaining attention and focus, such as an ADHD sufferer, would have even more trouble setting goals and achieving them; ADHD coaching can help.

Coaching is a new field used by large corporations and individuals alike. A coach can help you reach the fullest potential in life by teaching you various techniques. Whether you want to improve your relationships, your health, your career or your bank account, the coach can motivate and guide you on how to stay on track and take action steps to achieve your goals.

About ADHD Coaching

First described in 1994 by Drs. Hallowell and Ratey in the book “Driven to Distraction,” ADHD coaching aims to address daily challenges associated with ADHD symptoms. The coach can help a sufferer with ADHD by organizing and planning the daily activities so they can be completed in a time-effective manner. The coach will teach the client new skills to improve his life, focus better, stay motivated and take action.

Coaching involves regular sessions (in person, by phone/Skype or email), and the coach will provide support, encouragement and feedback along with practical techniques.

Who Can Use ADHD Coaching

The coach may provide more help to adults rather than children because adults are more aware of the symptoms of ADHD and how they impact the quality of life. When someone is ready to admit he has a problem, that person is ready for a coach and will likely follow the recommendations.

A growing number of people get training to work as a coach. Therefore, it is relatively easy to find one. Do some research and see if you can find a coach in your area who specializes in ADHD. If you prefer a male or a female coach, you can also choose the gender. Check the coach’s background: the more knowledge he has in the field of medicine and psychology, the more he will understand your condition. Many coaches offer a 15-minute free consultation so you can ask any questions you may have. As a general rule, the work between a coach and a client is private and confidential.

Coaching vs. Therapy

Unlike therapists (e.g., psychotherapists and psychologists), coaches do not ask why you have ADHD or symptoms. They are not trained to offer a diagnosis or provide therapy like healthcare professionals.

Coaches focus on what, when and how. They help the clients deal with and solve day-to-day problems such as organization, time management, memory, focus and motivation. A coach‘s work is focused on the client, compared to a psychotherapist’s work is problem-centered (focused on the problems experienced by the client). Ideally, you should have a coach and a therapist work together to help you.