



# What is ADHD Coaching?

## **Think of ADHD Coaching as a personalised roadmap for fulfilment.**

It's a goal-oriented partnership where you work directly with a highly trained coach who specialises in the ADHD experience. We adhere to the ethical standards and coaching framework set by the International Coach Federation (ICF).

Our main job is to help you bridge the gap between where you are and where you want to be.

## **We do this by helping you:**

- Gain a deeper understanding of your own ADHD—the unique gifts and the specific challenges it presents.
- Build systems and develop practical skills (like planning, prioritising, and organising) that truly work with your brain, not against it.
- Create self-awareness and accountability that empowers you to execute on your goals and realise your strengths and full capabilities.

The outcome is unique for everyone; most clients report experiencing increased calmness, effectiveness, and confidence in their ability to achieve what matters most to them.

## **Three elements of ADHD coaching,** as stated by the ADHD Coaches Organization:

- **Coaching:** Similar to other forms of coaching - like life coaching or executive coaching - ADHD coaching is client-centred, client-driven, and confidential. ADHD Coaches regard the client as an intact, creative, and resourceful person, and approach the coaching through an ADHD-informed lens. ADHD coaches facilitate the client's actions toward self-awareness and the identification and achievement of the client's self-identified goals, providing structure and accountability as needed.
- **Skills Coaching:** The ADHD coach and client collaborate to develop conscious awareness of the client's strengths and challenges. Leveraging that awareness, the coach supports the client in creating systems and strategies tailored to the client's needs and to strengthen the client's ability to manage the pragmatic aspects of life.
- **Education:** The coach helps educate the client about ADHD and how it affects them throughout their lifetime. The coach may also provide information regarding tools, resources, and referrals specific to ADHD (or related to ADHD), as well as research-based information relevant to the client's needs and interests.

# Understanding Different Supports

Role	Expert's Core Action	Focus/Outcome	Simple Analogy
<b>Consultant</b>	<b>Directs</b> Provides specific solutions and recommendations.	The 'What' and 'How' (of a specific problem)	The Architect: "Build this design."
<b>Mentor</b>	<b>Advises</b> Offers personal experience, wisdom, and context.	The 'Experience' or 'Expertise' (Mentor's past actions informing advice)	The Elder Sibling: "This is what I did when I faced that."
<b>Trainer</b>	<b>Instructs</b> Teaches knowledge and ensures skill transfer.	The 'Knowledge & Skill' (Client adopts set skill)	The Teacher: "Here is the step-by-step process."
<b>Therapist</b>	<b>Guides</b> Facilitates self-exploration and internal awareness.	The 'Why' (Client's motivations and behaviors)	The Detective: "Let's uncover the root cause of your actions."
<b>Coach</b>	<b>Partners</b> Facilitates client-led, discovery and action through strengths in a process-oriented way.	The 'Inner Resource' (Client's own solutions, motivations and discovery of the ideal self)	The Guide: "We'll walk together to uncover the best path."

“Therapy follows the trail of tears with a goal of healing.  
Coaching follows the trail of dreams with an aim of an optimal life...and healing happens”  
- Carol Kauffman, PhD.

## More Resources

Check A Coach's Credentials - <https://coachingfederation.org/get-coaching/>

Check an ADHD Coach's Credentials - <https://www.adhdcoachesaustralasia.online/>

ADHD Coaching with Carolyn - <https://outsidetheboxadhdcoach.com.au/adhd-coaching>

Free ADHD Session - <https://outsidetheboxadhdcoach.com.au/free-adhd-focus-session>

Facebook @outsidetheboxADHDcoach, Instagram @outside\_the\_box\_coach