



The ADD-vantage
Specialist ADHD support services
Great minds think alike, brilliant minds think differently

What is Coaching?



If you are seeking help to overcome your challenges there are plenty of options out there; as a child you

could ask your parents, as an adult you might see a therapist, clinician, mentor or specialist coach. Lots of Coaches have used the simple analogy of **learning to ride a bike** to explain the role and value of their role in terms of helping a client achieve their goals.

Consider:

The Parent: Buys a bike for you and may put on training wheels and take them off when they think you are ready. Runs by the bike holding on until you have balance to continue and then cheers you on as you go off riding into the sunset. Occasionally will take away riding privileges if you don't comply with ground rules.

The Clinician: Studies the mechanics of riding the bike. Teaches you the laws of physics, how the bike is propelled, what is necessary for balance, and the laws of motion/propulsion. A consultant tells you where to sit and where to put your feet and when to pedal. They may even offer or suggest a training program to upgrade your bike. Then he/she leaves. Consultants are necessary experts.

The Therapist: Discusses the basis for

your fears about riding and the consequences of falling. Discusses if your parents rode, and why that might be important.

Explains why it is important for your self-esteem or psyche for you to learn this and be successful.

Therapists are very useful to unwire whatever baggage may be impeding your potential to ride.

The Mentor: Shares with you their experience/expertise of bike riding. Gives you tips on "drafting" and the most effective way they've found to ride. Models the way they think you should ride, gives you strategies about things like changing tires quickly in a race, how to get the most speed for your effort, what the best bike is to buy in their opinion, and how to negotiate gravel at the bottom of a hill. Teaches you their version of proper maintenance, warns you of dangers of riding in traffic, and tells you how to avoid them. Sometimes holds an "I know better than you since I've been there before, so you'd better listen to me" hierarchical position.

The Coach: *Listens to your desire to try riding. Asks you if you need instructions on how to ride and asks where you might get them. Asks if you like the colour/kind of bike you're about to ride. May even help you pick the bike up and help you get onto it. Runs alongside the bike, "checking in" to see if you're enjoying the experience and asks what*



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might make it more fun. Will help you discover what you need to take care of yourself when/if you fall. When you stop, the coach might ask about your experience and what was valuable, and whether or not you want to pursue mastery of bike riding. If you do, the coach asks you how you might devise a plan whereby you can attain that mastery. If you don't, then the coach may ask you if you want to continue riding casually or if you want to devise a plan to sell the bike.

Coaching assists a client to bridge the gap between where they are now, to where they would like to be far more effectively than if they worked alone. It focuses very much in the present – the here and now, rather than the past.

The **coaching relationship** is an equal partnership, both coach and client work collaboratively identifying the challenges and creating strategies to address them to make progress toward the client's goals.

A coach achieves this by:

- *Helping to raise the awareness of a client with effective questioning techniques so they can get clear view on what they truly desire and who they are at their core*
- *Assisting them to create practical, step-by-step action plans to reach their goals*
- *Providing on-going support through any changes or obstacles a client may encounter*
- *Providing a client with tools, techniques and strategies to create lasting change and success*

Testimonials – Coaching@TheADD-Vantage

'You are very approachable, friendly, emphatic and welcoming person who I warmed to straight away. I love that you have your own first-hand ADHD story and the passion and knowledge and skills to help others'

'I felt positive after meeting you about the condition of ADHD and felt you understood me and my challenges'.

'You are clearly passionate about the topic and the coaching of ADHD - I really liked this.'

'I felt you really care about your clients, and you are personally very engaging, interesting and warm'.

