



The ADD-vantage

Specialist ADHD support services

Great minds think alike, brilliant minds think differently

'Sprint 30' - Coaching Information

Coaching

We work alongside clients collaboratively to help them live well with ADHD, and ideally to progress to the point of seeing their 'symptoms' as potential advantages in their lives. I recognise that everyone with ADHD is unique, so I take a tailored approach to the specific needs, goals, and preferences of my clients.

I embed evidence-based psychological theories, approaches, and methodology into my practice on behalf of clients.

Through the coaching process clients learn about their ADHD, helping them better understand how it affects all aspects of life, including relationships, employment, and academics. Coaching can help clients develop practical skills and improve areas of executive function.

What are the benefits of shorter 30min sessions?

- Knowing time is limited, can support on focus on the goal and actionable steps
- Shorter sessions reduce information overload and emotional exhaustion.
- More efficient in terms of scheduling and logistics if you are time limited
- Shorter sessions cost less
- One off opportunity to address something immediate and specific
- need regular check-ins following a period of full coaching.

What's involved?

A 30-minute focused coaching session is designed to address a specific goal, challenge, or area of development for the client. It can be a 'one off' or part of a series of sessions. This is what you might expect:

0-5 mins: The coach starts by setting the tone and briefly reviewing the purpose of the session. Goals and expectations are clarified, ensuring alignment between coach and coachee.

5-10mins: The coach supports the coachee articulate their primary goal or objective for the session.

10-20mins: The coach asks probing questions to help the coachee explore the current situation, challenges, and opportunities using techniques like active listening, open questioning, and reframing to deepen understanding.

20-25mins: Together, the coach and coachee collaborate on potential strategies and actions to address the identified goal. They prioritise actions and create a concrete plan with clear steps and timelines.

25-28 mins: Accountability mechanisms agreed to ensure follow-through on the action plan. The coachee commits to specific actions and timelines.

28-30 mins: The session concludes with a brief reflection on insights gained and progress made. Coachee summarises key takeaways and lessons learned.

Getting the most from coaching

To be ready for coaching, the Client must have identified areas they wish to address, want to make changes, be willing to spend the time necessary to create strategies for improving their behaviour and be willing to adhere to those strategies to the best of their ability.

About Me

- I have over 3 years coaching experience for the Hertfordshire charity ADD-vance.
- I have been coaching independently since 2020.
- I am a member of the International Coaching Federation (ICF) and the British Psychological Society (BPS) and am bound their Global Codes of Ethics.
- I have ADHD and was diagnosed in my Forties.
- Both my young adult children have ADHD.
- I have an MSc in Psychology and apply my psychological expertise to my work.
- I am awaiting Chartership with the BPS as a coaching psychologist.

Email: info@TheAdd-Vantage.co.uk to book your no-obligation, free consultation.