

Prochaska and DiClemente's Five

Stages of Change

Stage 05

MAINTENANCE

Integrate change into lifestyle.

Your client is in this stage when the changes they have been working on become habits. The client is doing what they set out to do almost without thinking. Clients are noticing improvement and doing fine — maybe so much so that they may think they are "better" and no longer need any treatment, strategies, or further coaching. Without the commitment to coaching made in the Action stage, clients can easily start to slip back into old patterns without noticing it.



As a coach, we offer help, encouragement, and problem-solving when asked without judgment, blame, or frustration. Revisit the client's changes so far to support strategies in the long term and catch those that might have already slipped.

As a coach, noticing this is a key stage for hiring a coach or other provider to help them with the changes they seek. As a coach, we continue to focus on the areas our client wants, ignoring the temptation to offer more or at

Stage 01

PRECONTEMPLATION

Unaware or unwilling to admit the need for change.

Persons in this phase may seem argumentative, judgmental, fixed in their thinking, hopeless, or in "denial." Remembering that this resistance indicates a pre-contemplation stage can remind us that the person is not ready to receive information, explanation, suggestions, or solutions about ADHD.



Your role as a coach is not to try and persuade someone about coaching or ADHD. In pre-contemplation, a person is not ready to change their experience, beliefs, or thoughts. They are not prepared to hear advice or suggestions, be persuaded, nagged, reminded, or even offered other information.

Stage 02

CONTEMPLATION

Client realizes need for change but uncertain where to start.

Uncertainty is a theme in the Contemplation Stage. A potential client may consider that ADHD is more of a challenge than they thought previously. They may begin to be interested in things being different. However, they are still waiting to hire a coach as they need more time to process what is holding them back.



As a coach, answer a potential client's questions, sticking to the specific answers they are asking for.

Stage 04

ACTION

There is active modification of behaviour including healthier choices and client is open to receiving help.

A client is in this stage when they have taken action and hired you or someone else to work on their ADHD challenges. Characteristic is that this person may also be taking action in other areas of their life. For example, eating healthier, focusing on quality sleep, bought a planner are tracking their budget.



As a coach, noticing this is a key stage for hiring a coach or other provider to help them with the changes they seek. As a coach, we continue to focus on the areas our client wants, ignoring the temptation to offer more or at

Stage 03

PREPARATION

Pros for change definitely outweighs the cons, but there is work to be done. More decisive, confident, committed.

This is the getting ready to be ready. It's as if clients have got their engines going and are at the starting line with their foot on the brake rather than poised over the gas pedal. Characteristic of this phase is a potential client sharing with you that they have been gathering information about ADHD, listening to podcasts, etc. However, remembering that "preparation" is not the same as being ready is important.



As a coach, noticing this is an indecisive phase for a potential client. To be overly enthusiastic and provide more information may be overwhelming. At the same time, not showing interest in what they view as progress may discourage them.

