

What is ADHD Life Coaching?

Marketing material that you will use repeatedly is the ability to write and speak out loud the answer to "What is ADHD Life Coaching"?

*It is an answer you want right on the tip of your tongue to quickly, succinctly, and confidently explain ADHD Life Coaching to someone.

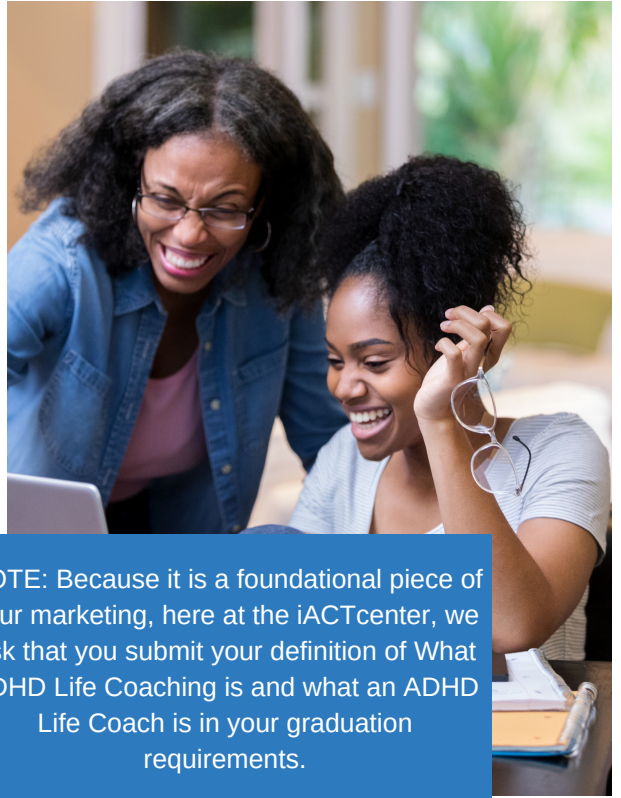
*Confidently describing ADHD Life Coaching will become a staple of your marketing materials. Places you will likely include an explanation of an ADHD Life Coach are on your website, brochures, flyers, etc. As an ADHD Life Coach, we can't talk about ADHD or ADHD Life Coaches...who will?

NOTE: Because it is a foundational piece of your marketing, here at the iACTcenter, we ask that you submit your definition of What ADHD Life Coaching is and what an ADHD Life Coach is in your graduation requirements.

Remember, these descriptions do not have to be perfect, nor must they be of any length. Simply in your words, that has you feeling confident.

We encourage you to keep these descriptions as brief and concise as possible. Clients will not wade through much jargon to understand your answer. Like most coaches, you will probably go back several times to fine-tune those statements.

To complete this critical marketing component, we have included some examples of what other people have said about ADHD life coaching to give you some ideas to get you started and make it as easy as possible.



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Examples

"An ADHD coach learns about your loved one's strengths and weaknesses and helps their clients learn and grow on topics such as how to:

- *Get more organized*
- *Complete homework or work assignments and other tasks*
- *Improve social skills*
- *Make a plan to improve undesirable behaviors.*
- *Develop coping strategies*

Coaching is most useful for those who are ready to do the following (with the help of an ADHD coach):

- *Recognize the obstacles and challenges caused by ADHD*
- *Make a plan to improve undesirable behaviors.*
- *Develop a strategy for carrying out the plan."*

"Working together, as coach and Client, I can help you fully understand how ADHD has impacted your life (probably in ways you didn't even realize). We will focus on defining and prioritizing your goals and what you want to change. Then, getting past your obstacles, using your strengths to create your personal "this is how I do it" strategies, systems, and structures so you can follow through and create new lasting habits."

Laurie Dupar

"What is ADHD Life Coaching?"



If you want inspiration or clarification of a definition, go to the internet and Google "What is an ADHD Life Coach" or "What is ADHD Coaching, ethics, and standards" for more examples.
