

FACTSHEET
COACHING FOR ADULTS
How specialized coaching can help you

We know that ADHD can affect your life. We also know that improving outcomes is possible.

Coaching is recognized as an effective treatment modality for ADHD.

A diagnosis is not necessary to access coaching services.

MEDIPSY COACHES SERVE CHILDREN, TEENS AND ADULTS. OUR COACHES ARE EXPERIENCED AND SPECIALIZE IN THE UNIQUE CHALLENGES OF ADHD.

THE BENEFITS FOR ADULTS

You learn to take charge of your own life by learning:

- About yourself and not just the ADHD symptoms you experience
- More about ADHD and its effects
- In a safe and supportive environment as you practice new skills
- In a session structured based on **your** needs and pace and geared for **your success**
- In client centered sessions which identify:
 - what is important to **you**,
 - what part of your ADHD experience you want to change,
 - action plans to change it
- How to measure progress non-judgmentally, and regularly so that you have immediate feedback on what is working for you
- To recognize successes and celebrate them
- To be accountable to yourself
- More about your strengths and how to use them for your success

THINGS YOU CAN LEARN TO IMPROVE:

Planning, organizing, prioritizing
 Task initiation and completion
 Sustaining Motivation
 Monitoring Impulsivity

Positive goal directed self-talk
 Problem solving
 Self-advocacy
 Boundary setting
 Communication