



Beverly H. Rohman



Educating, Energizing and Empowering the Creative Mind

Just what is ADD Coaching?

The whole idea of coaching for AD/HD (Attention Deficit / Hyperactivity Disorder) appeared in an article by Edward M. Hallowell, M.D., and John J. Ratey, M.D., in the January 1993 CHADD Newsletter. The role of the coach, as defined by Hallowell and Ratey, is someone to *“help you get organized, stay on task, give encouragement, keep tabs on you and in general, be in your corner and on your side.”*

David Giwerc, master coach and president of the ADD Coach Academy, describes it this way: *“Built upon unconditional acceptance and a powerful appreciation of the client’s potential, uniqueness, strengths, capability, and wholeness, coaching is an ongoing collaborative partnership created to facilitate personal growth and awareness that leads to conscious choice, focused action, and a meaningful, rewarding life.”*

However defined, coaching utilizes structures, strategies, accountability, skills, support and feedback to help individuals and families focus on what needs to be done and get on track. The coaching process and partnership is about **Educating** clients about the nature of their own AD/HD, learning styles and challenges, and the impact it has on their quality of life. It is about **Energizing** clients to realize new possibilities based on identifying and integrating their strengths and the belief systems that serve them well. Most importantly, it is about **Empowering** self initiated action with stories of strengths, systems and success based on a realistic plan that can be achieved.

ADD Coaching is a specialty niche in the coach profession. Qualified coaches are trained in the knowledge of brain systems, medical and non-medical alternatives, processing styles, belief systems and skill sets that are particular to AD/HD. A coach partners with a client to help them understand and recognize their behavior in terms of the unique challenges of AD/HD: distractibility, impulsivity and/or hyperactivity, as well as the belief that they can’t reach their goals because they have AD/HD. Coaching assists clients with AD/HD to stay focused on their goals, face obstacles, address core ADD-related issues like time management, organization, and self-esteem, gain clarity and function more effectively. The client is seen by the ADD coach as resourceful and therefore, with increasing self-awareness, as fully capable of discovering their own answers.

ADD Coaching can be an important part of the comprehensive program for individuals and families struggling with ADD. It is about answering the “who” and “what” and “how” questions. The coaching process initiates and encourages taking ownership and self-responsibility. Coaching is individualized and action-focused, so the client is working to build productive habits and systems that lead to a fulfilling life.

ADD Coaching is a positive force that helps individuals and families look at their challenges as opportunities with manageable hurdles to jump. An ADD Coach can help you remember these basic rules:

Your creative mind is your ticket to greatness
Don't listen to the negativity
Don't believe what you know isn't true
You have a gift
Believe in yourself
Use the talents that lie within
And.....no matter what, Don't Ever Give Up!!

The coaching process is about self-discovery and achieving the life that you truly want.
Life is not a problem to be solved, but a gift to be enjoyed !

For more information about learning differences and ADD, contact The Learning Connections, at 12 West Dover Street, Easton, MD 21601, 410-763-7097, or write to info@thelearningconnections.net

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