



**BRETT THORNHILL**  
ADHD COACHING

# My Path... (Briefly)

- × 20 Year Career in Marketing
- × Diagnosed with ADHD at age 43 (2010)
- × Decided to become a Coach at 46 (2013)
- × ADHD Coach Training/Certification (ADDCA)
- × International Coach Accreditation (ICF)
- × Registered Naturotherapist (ANN)
- Opened Private Coaching Practice (2014)



**WHY BRETT?**

I'm a Certified Professional Personal Coach and Consultant focusing on Attention Deficit Hyperactive Disorder (ADHD). As an adult living with ADHD - and the parent of a child with ADHD - I have a unique perspective that can help parents, children as well as adults with ADHD become more content and confident people. And I would like to share my knowledge with you.

**ARRANGE YOUR COMPLIMENTARY CONSULTATION.**

[WWW.EMBRACEYOURADHD.CA](http://WWW.EMBRACEYOURADHD.CA)



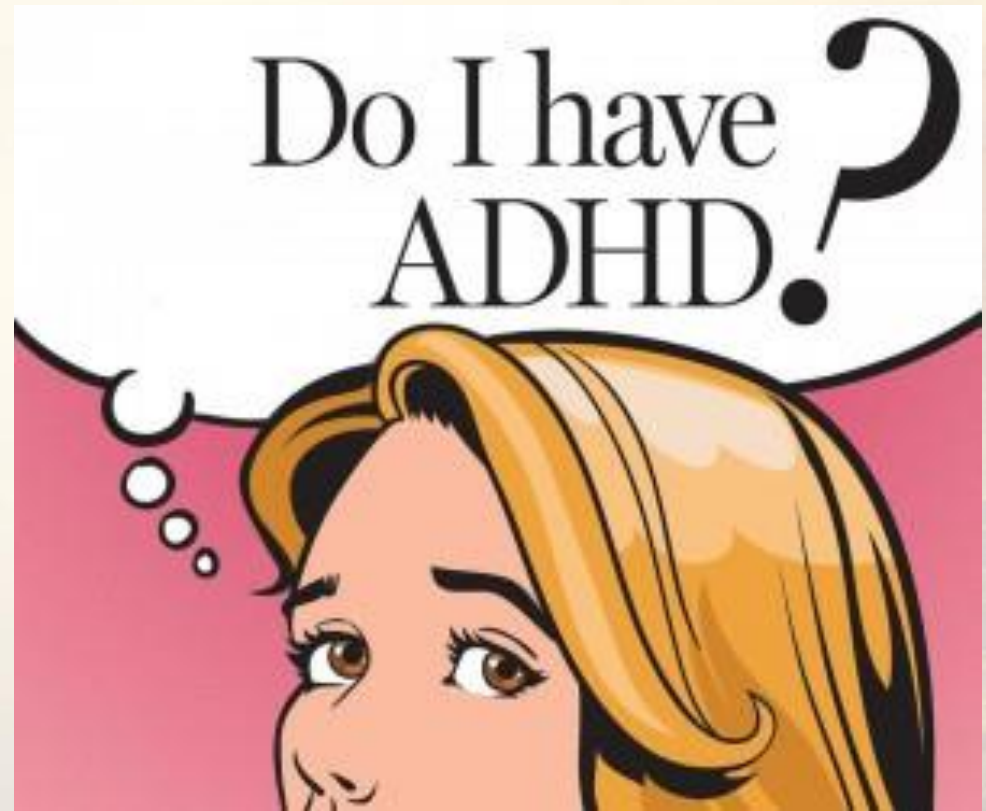
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ADHD COACHING

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# Diagnostic Assessment

- × Psychiatrist
- × Psychologist
- × Neurologist
- × Family Doctor  
(Familiar with ADHD)

**THEN WHAT?**





# What is ADHD Coaching... (Broadly)

- ✗ Helps you gain a better **UNDERSTANDING** of your ADHD
- ✗ Helps you gain **ACCEPTANCE** of your ADHD
- ✗ Helps you create strategies & plans so you can learn to **EMBRACE** your ADHD



# What the experts say about coaching...

**"Coaching is the single most effective tool in ADHD self-management."**

*Dr. Edward Hallowell, Child & adult psychiatrist, NY Times bestselling author, world-renowned speaker and leading authority in the field of ADHD.*

**"Coaching invites people to be challenged in a way that holds them in a soft, friendly light in which risk-taking is safe.... By breaking through roadblocks, they develop more confidence"**

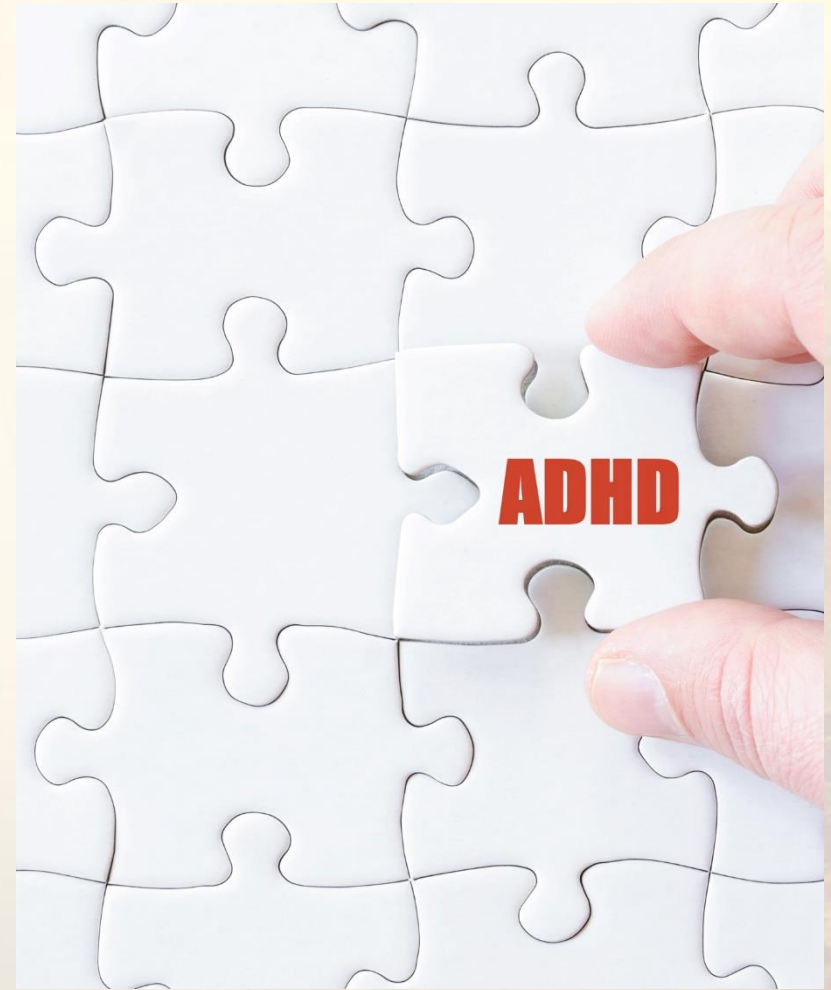
*Dr. Daniel Amen, Double board-certified psychiatrist, nine-time NY Times bestselling Author and distinguished fellow of the America Psychiatric Association*

**"Coaching is an important part of treatment for ADHD adults and it's the part that was missing from many former therapies... Coaching is just one more tool in the toolbox to help us get our jobs done, and done well."**

*Ari Tuckman, Psy.D. Psychologist who specializes in the diagnosis & treatment of ADHD, noted author & CHADD board member.*

# Working with a coach can help the client...

- × Reduce Procrastination
- × Expand Possible Approach Options
- × Provide Accountability
- × Suggest Course Corrections
- × Celebrate Their Successes
- × Manage Distraction & Impulsivity
- × Create Healthy Boundaries
- × Reduce Negative Self-Image
- × Combat Overwhelm
- × Reduce Worry & Rumination
- × Improve Self-Confidence



# What does an ADHD Coach do...

- × Meets the client where they are without assumptions or attachment to specific outcomes.
- × Provides education and insight to the client on their “unique brain wiring” and the practical implications.
- × Provides accountability to help the client meet their expressed goals.
- × Helps the client work from a position of strength as opposed to weakness.
- × Uses a non-directive questioning approach to pull information and insight from the client to help them generate their own strategies and approaches.
- × Provides a safe, non-judgmental environment from which the client can explore and challenge beliefs, assumptions and repeating patterns that hold them back.
- × Provides a mirror through which to explore and re-frame their thinking.



# How does a coaching session work...

- × The client always sets the agenda.
- × Whenever possible, sessions are based on a single, specific issue.
- × The client articulates the challenge.
- × Through open-ended non-directive questioning, the coach helps the client identify barriers to action.
  - × Reflecting
  - × Gently challenging
  - × Shifting the narrative
- × We brainstorm possible approaches, reflect on past success.
- × Devise a plan of action, based on client insights.
- × Decide on accountability and contingencies.

# The basic principles of coaching...

- ✗ The client is not broken... and does NOT need to be “fixed”.
- ✗ ADHD is NOT a “Failed version of normal”... just a different way of being.
- ✗ While ADHD may not be a gift... It brings with it some tremendous strengths and talents.

When you learn to  
**UNDERSTAND, ACCEPT**  
and **EMBRACE** your  
**ADHD...**



# Thank-You!

## Questions?



[www.EmbraceYourADHD.ca](http://www.EmbraceYourADHD.ca)



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**Brett Thornhill ADHD Coaching**



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**The ADD Couple (iTunes)**



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