



CoachMyFuture Adult ADHD Coaching Program

Although you can book individual coaching sessions, the process of transformation takes time so working with your coach for a longer time period is recommended. Three-month or six-month coaching programs are tailored to the needs of the individual and their specific challenges they are facing right now in their personal and professional lives. CoachMyFuture adult ADHD coaching works with you to co-create change in your life. It aims to make you feel empowered to manage challenges on a day to day basis, create short and long term goals, boost your confidence and develop your accountability for your actions. During the coaching program we will explore some or all of the typical uses which occur as a result of ADHD symptoms as seen in the chart below. This will result in a personalized plan to develop strategies and systems for your success.

Taking Action	Planning and Organization	Time management	Emotions and Self Awareness	Attention and Memory	Social Awareness
Initiating tasks	Organizing your day	Avoiding lateness	Self Esteem and Confidence	Knowing where things are	Relationships
Motivation	Creating daily or weekly targets	Reducing Procrastination	Managing rejection	Avoiding losing things	Setting Boundaries
Moving from one task to another	Short and long term goals	Meeting deadlines	Frustration	Concentration	Managing conflicts
Managing boring tasks	Knowing your schedule	Using technology and apps	Impulsivity	Managing Distractions	Improving social and communication skills
Linking action to your personal vision	Decision Making	Creating personal systems to manage your time	Managing Stress	Improving concentration in stressful situations e.g. travel	Managing work scenarios and dealing with bosses
Prioritizing tasks	Looking at future options for work , career and personal life	Becoming accountable	Avoiding overwhelm	Improving memory for daily tasks.	Coping with perception of others about

					ADHD symptoms
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