

What is ADHD coaching?

By: Tamara Rosier, PHD

ADHD Coaches are specifically trained to work with clients who have ADHD or ADHD-like symptoms. They help their clients create systems and strategies to manage practical aspects of life.

Life with ADHD can become overwhelming. So many of us with ADHD struggle with the daily tasks of being a grown-up: paying the bills, reading essential emails, making necessary phone calls, etc. **An ADHD coach can help you improve your life and overcome these feelings and get stuff done.**

Research shows that ADHD coaching can improve ADHD symptoms, executive functioning related behaviors, self-esteem, well-being, and quality of life. Coaches who specialize in working with clients who have ADHD will often educate their clients about ADHD and how it affects them across a lifetime. Building on that awareness, **coaches support their clients in creating systems and strategies** that help their clients manage the practical aspects of life.

ADHD coaches **encourage you to stay focused** on your goals, **develop resilience** when you face obstacles, and to feel better about the way you engage your life. They are **specifically trained and certified to help individuals with ADHD** better manage their lives more effectively.

To find a coach, visit ADHD Coaches Organization's Find-a-Coach <https://www.adhdcoaches.org/find-your-coach>.

Many ADHD coaches work virtually, on Zoom, Skype, or other platforms. The price of coaching varies depending on where you live and who you hire. While ADHD coaching is not covered by insurance, some experts may offer a sliding-scale payment plan.

About the Author



Tamara Rosier, PHD is the founder of the ADHD Center of West Michigan. She leads a team of professionals to provide outstanding resources for individuals and their families after they receive a diagnosis of ADHD. In her coaching, she helps her clients understand their thinking processes in order to develop more confidence, smoother communication, closer relationships, and increased academic or work success. She is a board-certified coach (BCC) and is the president of national association, ADHD Coaches Organization (ACO).

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