

How A Coach Can Help with ADHD

Professional coaching for ADD is a one-on-one collaborative relationship where a client is assisted in achieving important goals to improve his or her life, relationships, work performance, or career success. Coaching is a place where clients look at their life, how they are doing, and how to best reach their full potential by getting better control of ADD. Coaching services are offered in-person or by telephone. Telephone coaching appointments make coaching convenient, focused, and available all over the country, even overseas.

The ADD coach helps individuals learn new strategies to overcome areas of difficulty and more quickly and easily reach important goals. The coach offers suggestions, and provides structure and support. Organization, time management, task completion, and productivity are often a client's concern. Decreasing stress and overwhelm, and enhancing relationships are also common areas addressed. Through coaching, clients learn and apply strategies that can lead to greater work, academic, and relationship success. An ADD coach understands the challenges of ADD and knows ways of getting better control of ADD. The ADD coach helps clients to identify areas of needed improvement, assesses strengths and weaknesses, and with the client develops new coping strategies for areas of needed development. Structure, support, skills, and strategies are key ingredients in ADD coaching.

Coaching is also available to parents of ADD children to help them develop successful parenting approaches for their ADD child. The ADD coach understands the challenges of parenting an ADD child, and can provide insight, advice, guidance, resources and support for successfully dealing with parenting challenges.

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Dr. Bill Morgan is a psychologist in private practice in Paoli, PA, and adjunct faculty at Widener University.

Dr. Morgan's practice focuses on assessment and counseling for a variety of issues including ADHD and learning problems and disabilities. He has published several professional articles on ADHD and frequently speaks on the subject. Dr. Morgan is on the professional advisory board of Chester County CHADD.

Dr. Morgan is a native of the Philadelphia area and lives with his wife and three daughters in Havertown.