



## ADHD Coaching Makes Life EASIER.



**Sheri Hall-Miller, MA, ACG**

Sheri Hall-Miller is a trained coach specializing in ADHD. She has been coaching students and professionals who have ADHD since 2002.

Sheri has an MA in Communication from the University of Cincinnati. She also has completed training at The Coaches Training Institute and she is a graduate of ADD Coaching Academy.

### ADHD Coaching Defined

ADHD Coaching is a partnership between a coach, specifically trained to work with ADHD, and a client to support the client's personal and/or professional achievement.

ADHD coaches work with clients to develop an increased understanding of ADHD, manage ADHD challenges, and maximize their unique personal strengths.

### Customized Support

The coaching relationship is dynamic. Each session is used to address issues as they arise and to continue to work towards achieving the student's goals.

Changes are easiest to implement and most likely to work when they are based on a person's unique learning styles, habits, and tendencies. While working with the coach, students find solutions that fit their lifestyle.

### College Success Is Too Important To Leave To Chance

For most students college is first step into adulthood. This is a time where students are defining themselves personally and professionally. The difference between making some confident first steps and floundering can have impacts that last a lifetime. Coaching can help students be more successful.

### Time Is A Precious Commodity

Education about ADHD is important for your students to make good life decisions. Coaches can spend time with each individual student where that kind of individualized attention is not always available. Typically students talk with their coach once a week over the phone

### Accommodations Offered Are Not Always What The Student Needs

Not all students who have ADHD struggle in the same way. What is an incredibly useful accommodation for one student is not helpful at all for another. Through coaching students are able to work on their specific problem areas. Students make changes to their habits and attitudes so they are better able to succeed in the college environment, often with no accommodations at all.

### Anxiety and Depression

Often individuals have anxiety or depression along with ADHD. This is common and can be addressed through coaching.

### Self Care And Bad Habits

The freedom that college brings comes the freedom to not take care of oneself. Many students struggle to balance social interests or academics with taking care of their basic needs. While some students may tip the scale towards too many social activities, students who over commit to career building activities are also likely to neglect the need to eat, sleep and exercise enough to remain at their best, or at the very least healthy.

Contact Sheri for a free coaching session to see if coaching is right for you.

*All coaching is done over the phone.*

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