

Testimonials

At a very challenging time in my career, I had the good fortune to read of Heather's work in an Irish Times article. My direct experience of that work matched and exceeded my expectations. Heather has a coaching approach which is warm and empathetic while also being highly professional, focused and effective. Through a series of direct meetings and follow-up telephone sessions, I made significant progress in enhancing key personal and management skills. I can heartily recommend Heather as a life or work coach and I am delighted to now have the opportunity of her expertise as an on-going professional resource when required.

ME, Adult ADHD Client

Having been diagnosed with Adult ADHD in 2011, I have found it extremely hard to gain consistent routines at work and within my personal life. Having struggled with this for some time I eventually sought the help of Heather through the Dean clinic. I have found Heather's help to be crucial to my development, from organizing my daily routine to outlining my goals for work. Using an ADHD coach has been the most positive thing that I have done towards dealing with my ADHD.

EM, Entrepreneur with ADHD

I'm into the swing of independent studying now. I don't avoid it like I used to. I found the strategies a big help! They're hard to put into action but once you do, it's brilliant! I knew the strategies myself but talking to Heather pulled them out. I'm more together now. I'm not 100% where I want to be but I know how to get there myself now. Being able to find easier ways to do things that I used to find hard has really helped my mental health too.

JE, Student with ADHD

I found the ADHD coaching with Heather very useful! Gradually, with some perseverance and self-praise (which was new to me) for any improvements in my performance I began to slowly change a lifetime of habits like bad time-keeping and self-criticism. The coaching was tailored to suit the challenges I faced. Regular coaching was crucial as it helped keep my interest up.

MB, Adult ADHD Client

The work was never dull, and the pace was set by me. Heather is a careful listener and asks insightful questions. At my request, we dealt for a significant amount of time with assertiveness.

I saw an almost instant difference and was soon keenly aware of the situations in which I could apply the lessons learned with Heather and felt confident in doing so. I was impressed by how knowledgeable Heather was on ADHD and this enhanced my experience greatly.

At all times, she was happy to refer me to literature, highlighting relevant chapters and her knowledge of services and resources was encouraging. I had the feeling at all times that I was understood where others would have judged. Ultimately, working with Heather helped me to recognise, assess and embrace my ADHD as an asset, a feature of my character that could be seen as an advantage. To those who are willing to work with her, I would highly recommend ADHD Coaching.

KC, Postgraduate Student with ADHD

Like to know more?

Contact: Heather Blackmore

Tel: 086-3845120

E-mail: heather@adhdcoach.ie

www.adhdcoach.ie



ADHD Coaching: A treatment option for ADHD

www.adhdcoach.ie



Heather Blackmore ADHD Coach

Relevant Qualifications and Experience

- Certificate in Coaching Skills (Life and Business Coaching Programme 2007/2008), Coaching Development Limited, London.
- Advanced Professional ADHD Coach Training Programme, The ADD Coach Academy, New York.
- Worked as ADHD Coach on the Adult ADHD Multidisciplinary Team at the Dean Clinic Capel Street, Dublin (St. Patrick's Mental Health Services)
- Business Degree - Bachelor of Business (Hons)
- Qualification in Adult Training and Development (Train the Trainer) from the Irish Institute of Training and Development (IITD) and Certificates in Communications, Groupwork Theory & Practice (also from the IITD).
- Member of the International Coach Federation (and bound by their code of ethics)

"ADHD Coaching is a designed partnership that combines coaching skills with knowledge of Attention Deficit Disorder, a neurobiological condition. The coaching process enhances quality of life, improves performance and supports growth and change. The purpose of ADHD coaching is to provide support, structure and accountability. Coach and client collaboratively explore strengths, talents, tools and new learning to increase self-awareness and personal empowerment. Together they design strategies and actions and monitor progress by creating accountability in line with goals and aspirations."

The Institute for the Advancement of ADHD Coaching

A coaching partnership is a collaboratively-developed, purposeful relationship between a trained coach and a client, founded on trust and mutual respect, and created and sustained for the sole purpose of reaching the client's identified, meaningful goals.

The ADD Coach Academy

How does coaching work?

If you decide to come to me for ADHD coaching, we will work together in partnership, at your pace (not mine!) You can depend on me to really listen and take a genuine interest in learning about who you are now and who you want to become. I will be paying particular attention to notice where your ADHD shows up in your life.

You will choose what to work on, and I will support you in setting your goals and deadlines. As you work on the actions you have committed to, if something doesn't work out as we envisioned, then we will have an 'opportunity for learning' - there's no such thing as failure here!

As we work together we will discover what your strengths are early in the coaching process and you will be encouraged to work from those strengths and build on them. From all my experience as an ADHD coach the key thing that I have learned is that everyone's ADHD is different. We each have a unique range of strengths and face a unique blend of challenges. That is why coaching works so well as a treatment option for ADHD. Coaching can be tailored to suit your individual needs.

Creating structure that works for each individual client is often a key step towards creating the best environment to move forward from. I will offer accountability and ongoing support and encouragement if a client wishes but the long-term goal would be that the client learn to be accountable to themselves and to take full responsibility for their actions and decision making.

For every challenge that ADHD brings there is a flip side that brings a strength. My wish for all my clients is that they will come to love and appreciate the good stuff that their ADHD comes with and that they will get to meet their full potential while honouring what is really important to them.

My passion for learning about ADHD and how to maximise the performance and quality of life of people with ADHD stems from my personal experience. I have ADHD myself - and it runs in my family.

Who may benefit most from ADHD Coaching?

- **Adults with ADHD** who would like to work on issues like time-management, productivity, planning, goal setting, decision making, getting tasks completed, improving concentration and memory, dealing with frustration and anger or improving interpersonal relationships and social skills.
- **Teenagers** who wish to learn independent living skills and how to manage their ADHD.
- **Entrepreneurs** who would like to improve their executive functioning.
- **Parents of young children with ADHD**, so that both the parents and the children can learn how to manage ADHD
- **College Students** who may be experiencing difficulty setting priorities, managing time, balancing social and academic choices and more.

Clinical studies have indicated that ADHD coaching can be beneficial for young people and adults with ADHD. Details available on request.