

How To Find The Right Autism, ADHD, AuDHD Coach

A Workbook

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Disclaimer

The "How To Find The Right Neurodiversity Coach" Workbook (the "Workbook") is intended as a guide to help individuals better understand the process of selecting a neurodiversity coach. This information is not professional advice and should not be used as a substitute for professional consultation, diagnosis, or treatment.

The authors, publishers, and distributors of this Workbook do not endorse or recommend any specific neurodiversity coach, organisation, or method described within this Workbook. The user's responsible for selecting a coach that meets their needs and expectations. Users are encouraged to conduct their own research and make their own assessments when choosing a neurodiversity coach. This Workbook does not provide a comprehensive or exhaustive list of possible coaches or coaching organisations. The entities and resources listed herein are examples and are not guaranteed to be suitable or available for all individuals. Moreover, the quality of services these coaches or organisations provide is not guaranteed or warranted by this Workbook's authors, publishers, or distributors.

The field of neurodiversity coaching is unregulated and can vary widely in terms of quality, experience, and efficacy. It is essential for users to conduct thorough research, seek multiple opinions, and consider the potential risks and benefits before choosing a coach. All exercises and steps described in this Workbook are suggestions and may not be appropriate for all individuals. Users are encouraged to adapt or skip exercises based on their needs and judgment.

Always consult with a healthcare provider or other qualified professional with any questions you may have regarding neurodiversity or the appropriateness of any strategies, techniques, or suggestions made in this Workbook. Never disregard professional advice or delay seeking it because of something you have read in this Workbook. The authors, publishers, and distributors disclaim any and all liability for any direct, indirect, consequential, special, exemplary, or other damages arising from the use or misuse of any material or information contained in this Workbook.

What is a Neurodiversity Coach

A neurodiversity coach is a professional who supports individuals who are neurodivergent. They provide guidance, strategies, and resources to help neurodivergent individuals understand and navigate their unique strengths and challenges. The role of a neurodiversity coach is to assist clients in developing self-awareness, building confidence, and improving their overall well-being. They may help clients identify and capitalise on their strengths, develop coping mechanisms for challenges related to neurodivergent conditions such as autism, ADHD, dyslexia, or Tourette's syndrome, and provide support in areas such as executive functioning, communication, and social skills. Ultimately, a neurodiversity coach aims to empower individuals to embrace their neurodivergent identities and thrive in various aspects of their lives.

Neurodivergent Coaches can specialise in specific areas or diagnoses or offer an umbrella coaching approach to all neurodivergent needs.

Types of Neurodiversity Coaches can include, but are not limited to:

- Autism Spectrum Disorder (ASD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Dual Diagnoses of ASD and ADHD (often referred to unofficially as AuDHD)
- Dyslexia, Dyscalculia and Dyspraxia
- Tourette's
- Other neurodiverse conditions

The International Coaching Federation (ICF) defines coaching as "partnering with clients in a thought-provoking and creative process that inspires them to maximise their personal and professional potential. Coaching often unlocks previously untapped sources of imagination, productivity and leadership." A neurodiversity coach assists people with neurodiverse conditions in building effective strategies to address challenges and better manage their lives.

The world of Life Coaching is unregulated, and therefore meaning, anyone can call themselves a coach. However, don't let this deter you. Many highly qualified and experienced coaches can make a big difference to your health, happiness and well-being.

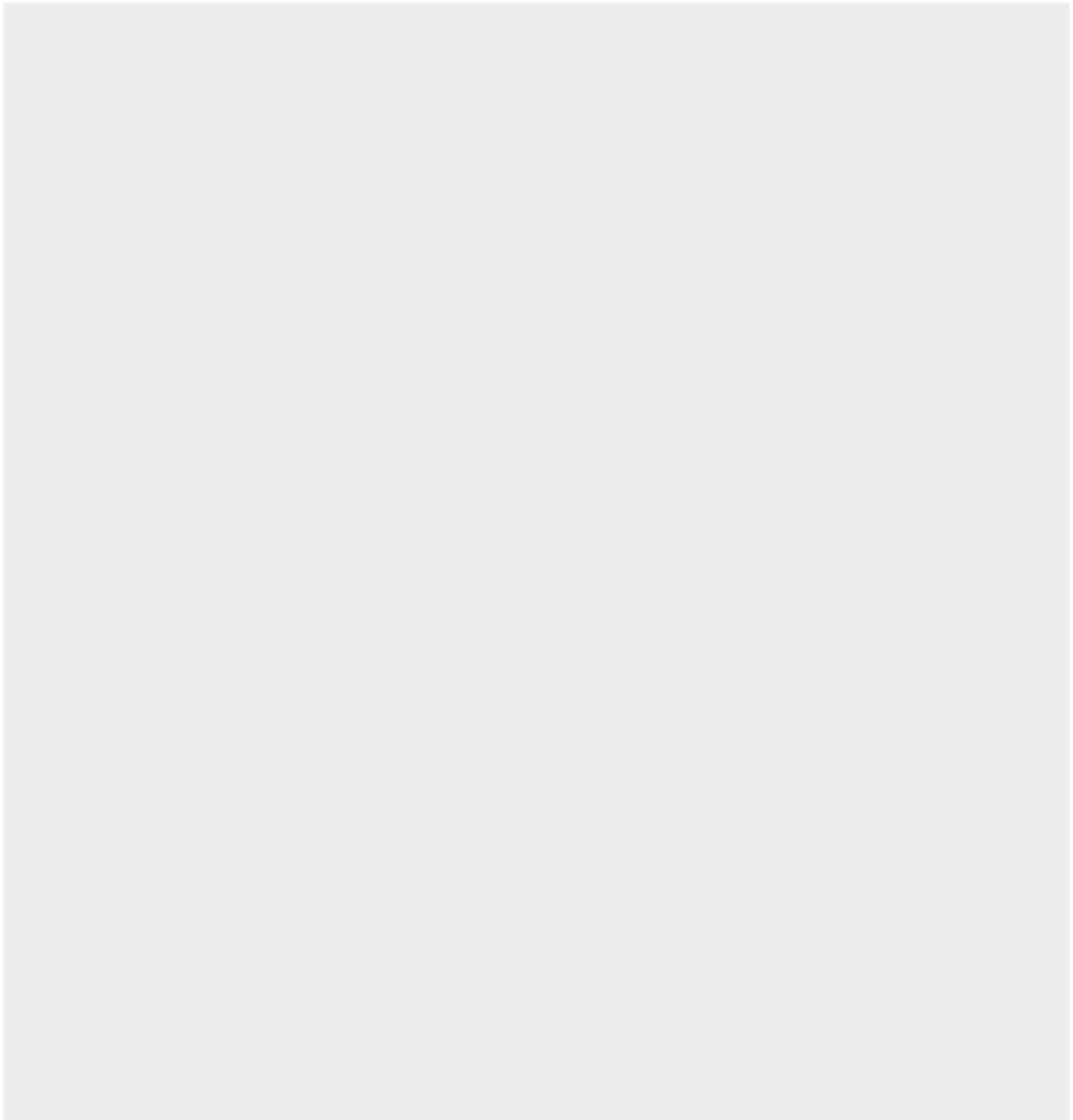
This booklet provides some simple exercises and explains a process that will aid in choosing the correct coach for you.

Exercise 1

What do you want to achieve in your coaching? What are your goals?

Examples could include:

- Stop procrastination
- Identify and address autistic burnout
- Receive honest feedback on goals
- Help define values



Exercise 2

What would you want in a neurodiverse coach?

Consider some characteristics you would prefer in a coach.

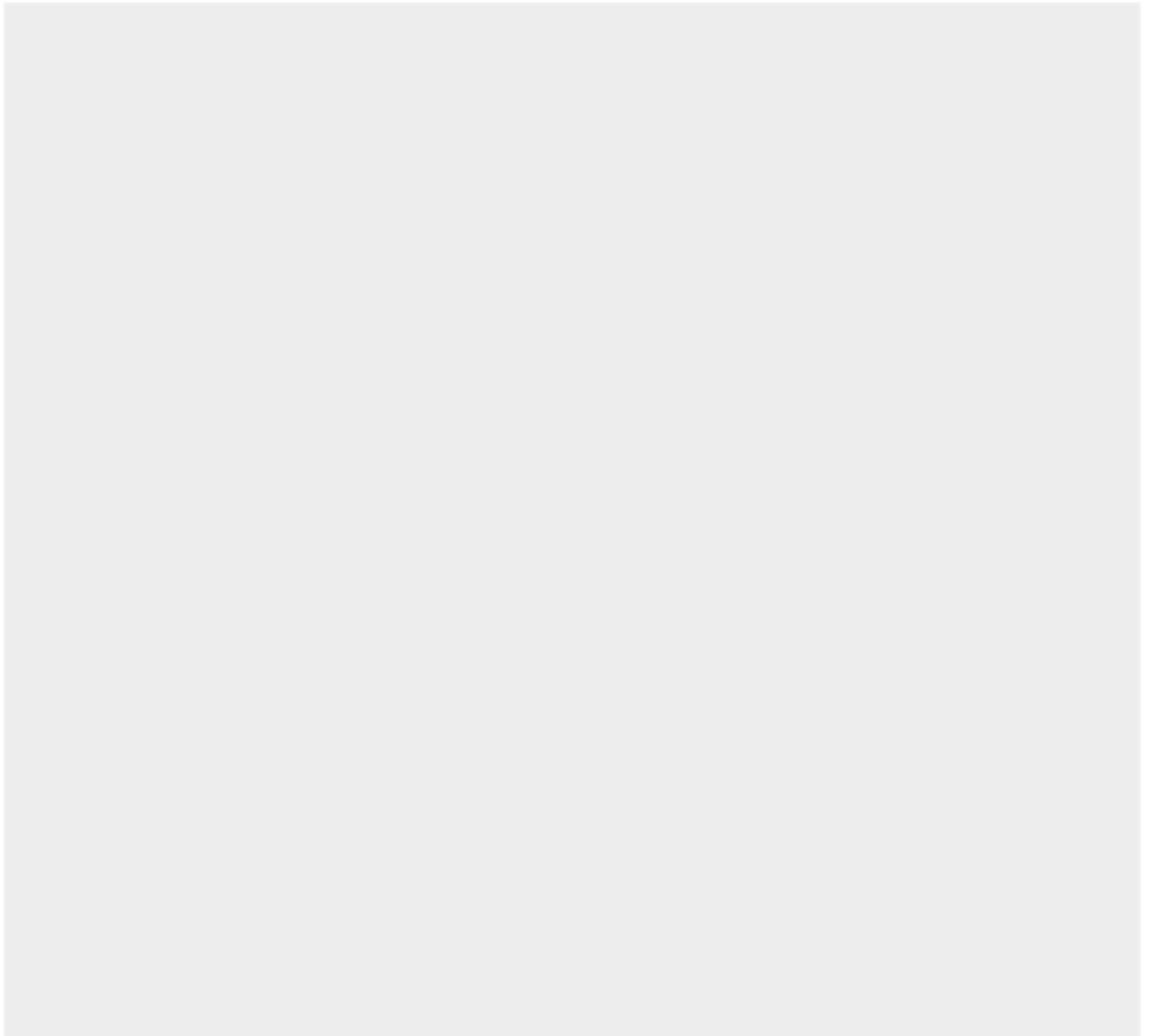
Gender of the coach?

Experience of the coach? Would you prefer someone with the same experiences or who shares certain aspects of your identity?

Language of the coach?

Consider the coach's years of experience with the neurodiverse condition. Either professional or personal

Would you prefer in-person or virtual consultations?



Exercise 3

Get researching potential coaches.

It would be best to find the right coach for you, and putting the initial research into finding the right coach can save you a lot of time, effort and money. You must share a positive chemistry with your coach. It is during these conversations that the coaching magic happens.

Create a list of 2 – 4 coaches you feel may be a good fit. You can source coaches from the below:

You can do a general search online with Google, which may offer some good suggestions.

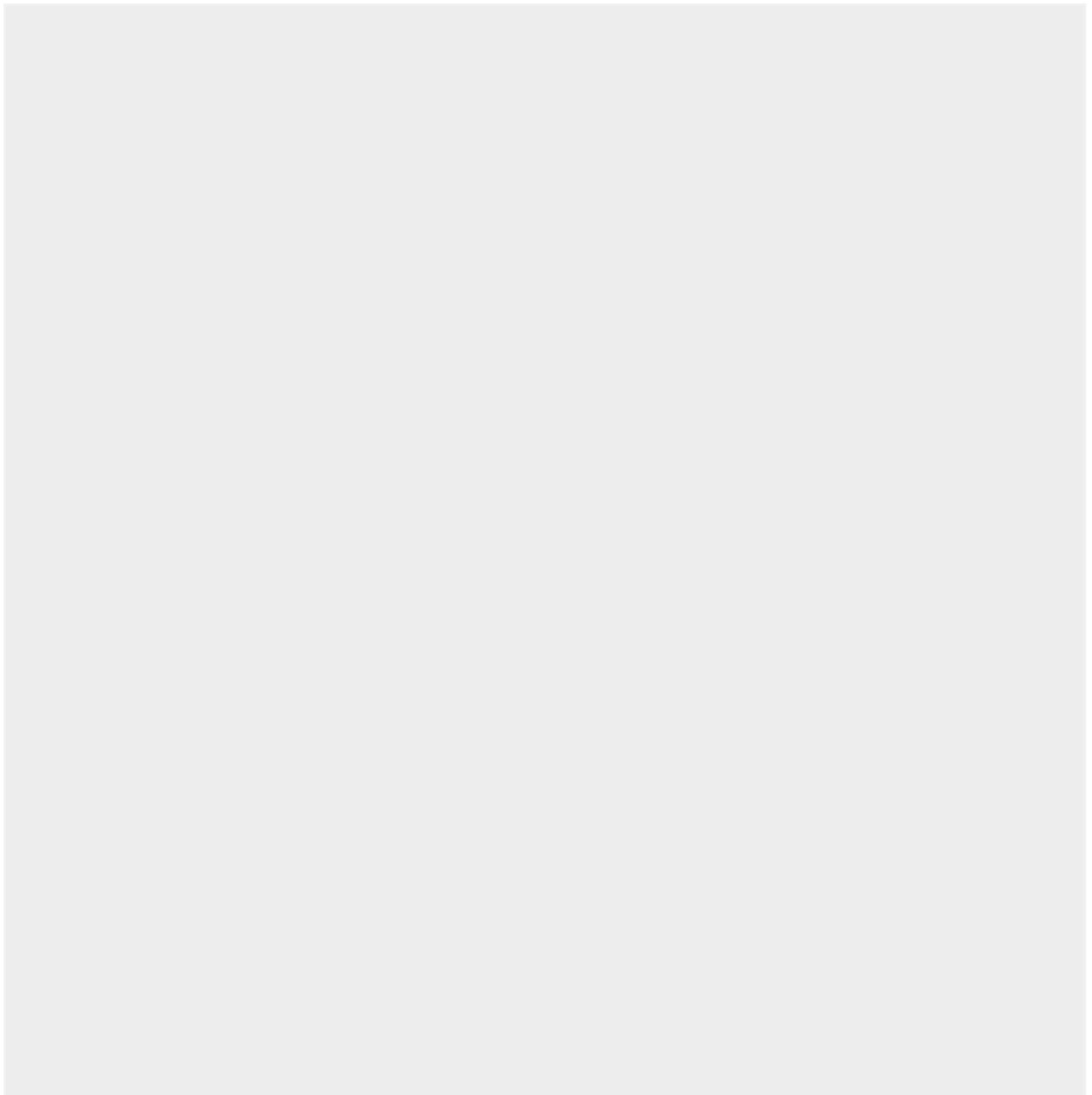
- The Life Coach Directory
- The Autistic Society
- Attention Deficit Disorder Association
- ADHD Coaches Organisation
- Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) Professional directory
- Professional Association for ADHD Coaches
- ADD Coach Academy (ADDCA) Coach Directory
- Linked In can also be a good source of information; using their search tool should bring up several results in the niche coaching area of your choice.
- International Coaching Federation (ICF)

Remember to review the coach's website, as this will provide much more information for you.

Exercise 4

Make the initial contact with a potential coach

Most coaches understand the importance of offering a free initial discovery call to see if coaching is the right option for you and if you and the coach are a good fit. The discovery call is usually between 30 to 60 minutes in length. Often you can book via their online system, and there is the facility to briefly summarise the area you would like to discuss during coaching. If not, there should be a facility to call the potential coach.



Exercise 5

Create prompts or a list of questions you might like to ask your coach

Review the previous exercises and think of questions that could relate to this.

Consider your initial goals and ask your coach if they can help.

What experience do you have with neurodiverse conditions? Both professional and personal?

How long have you coached in this area?

What coaching qualifications have you received? Any other associated qualifications.

How long have you been a coach?

How long are your sessions?

What are the fees?

Are they online or face-to-face sessions?

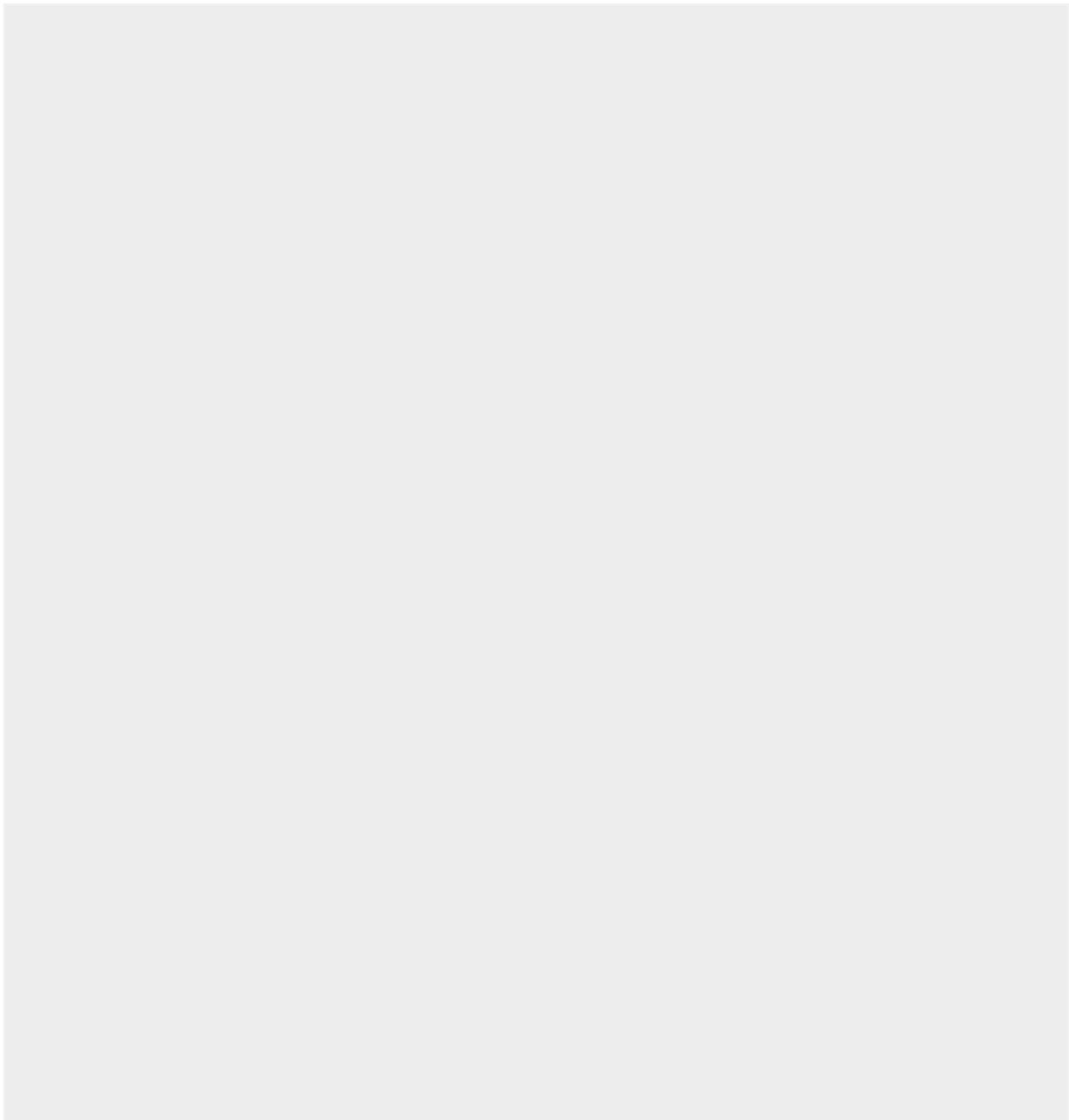
Do you offer any trials? / Reductions for paying for a coaching package upfront?

Exercise Six

Preparation Before Meeting

Try to arrange the call when you will not be disturbed (often easier said than done!)

- Make sure there is somewhere to write notes / either a notepad or a tablet
- Take your list of questions/prompts with you
- Take some refreshments
- Ensure your laptop/tablet is charged and your connections are working. Zoom will let you check your camera and sound before a session.

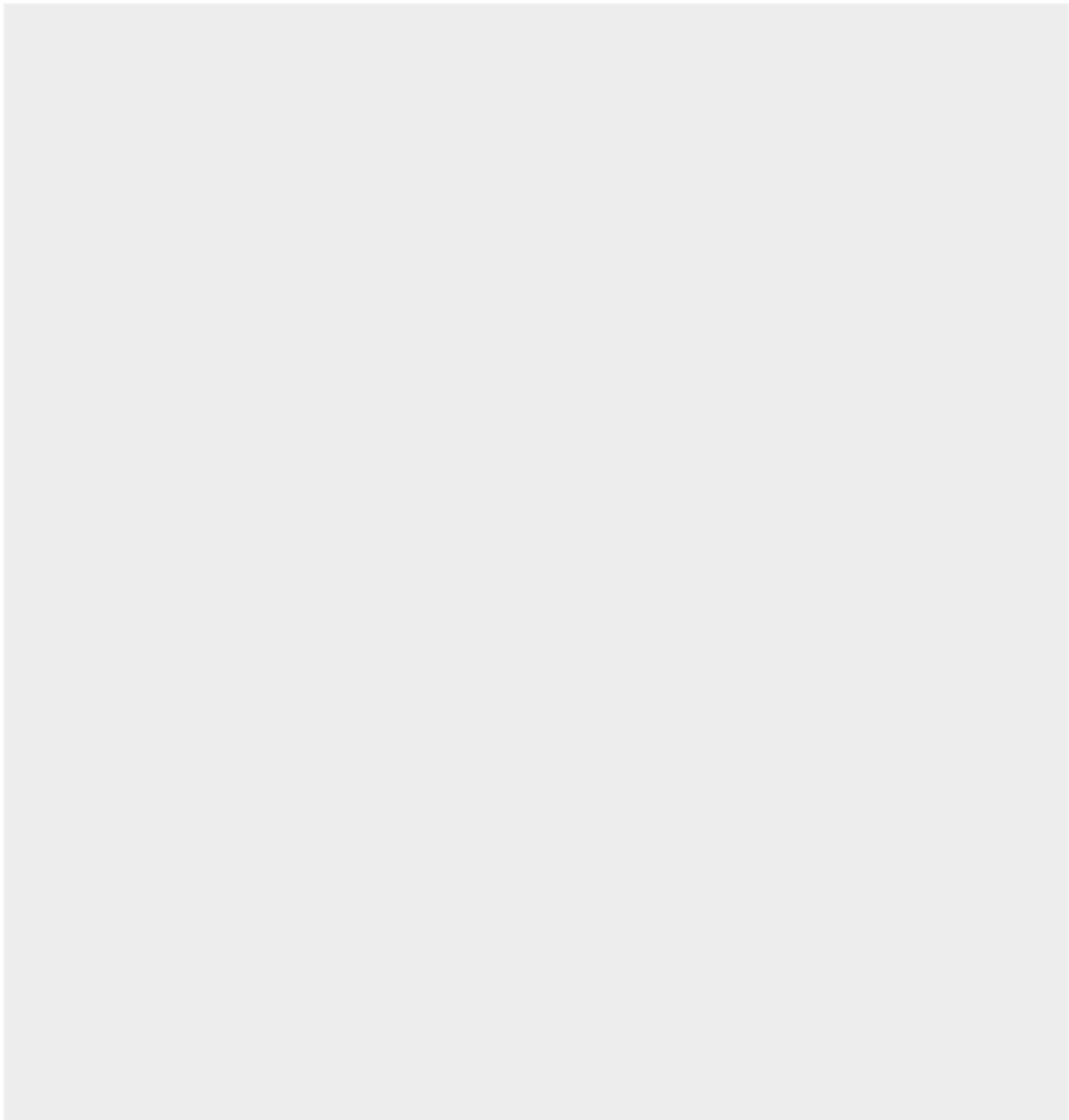


Exercise Seven

Take Notes during the session

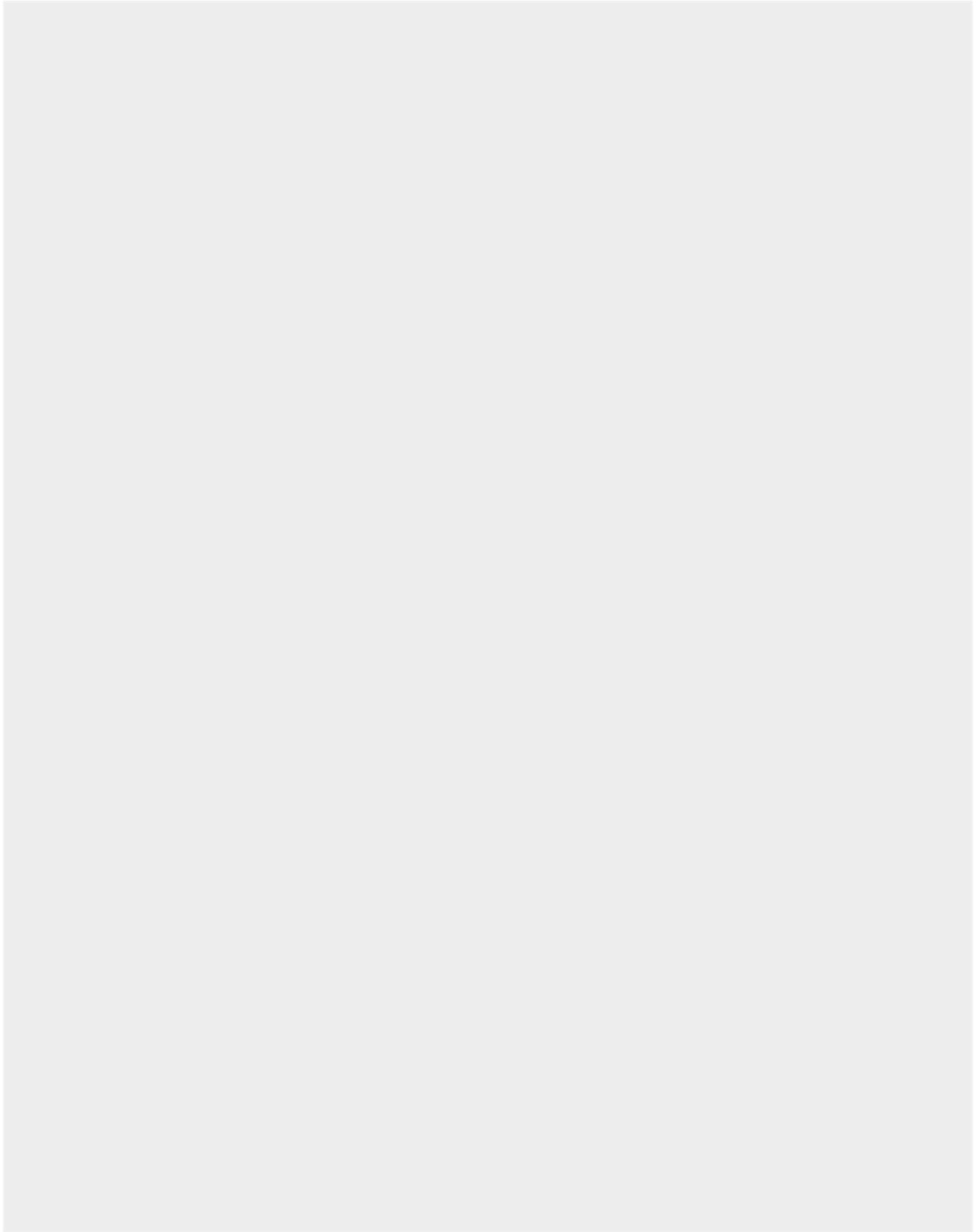
During the Session – Take some notes of the session; these can include:

- Initial feelings of the coach (these can be one-word prompts) and how they made you feel throughout the session.
- Did you feel the coach took a non-judgemental approach
- Did you feel listened to
- How comfortable did you feel disclosing your wants, needs and goals?

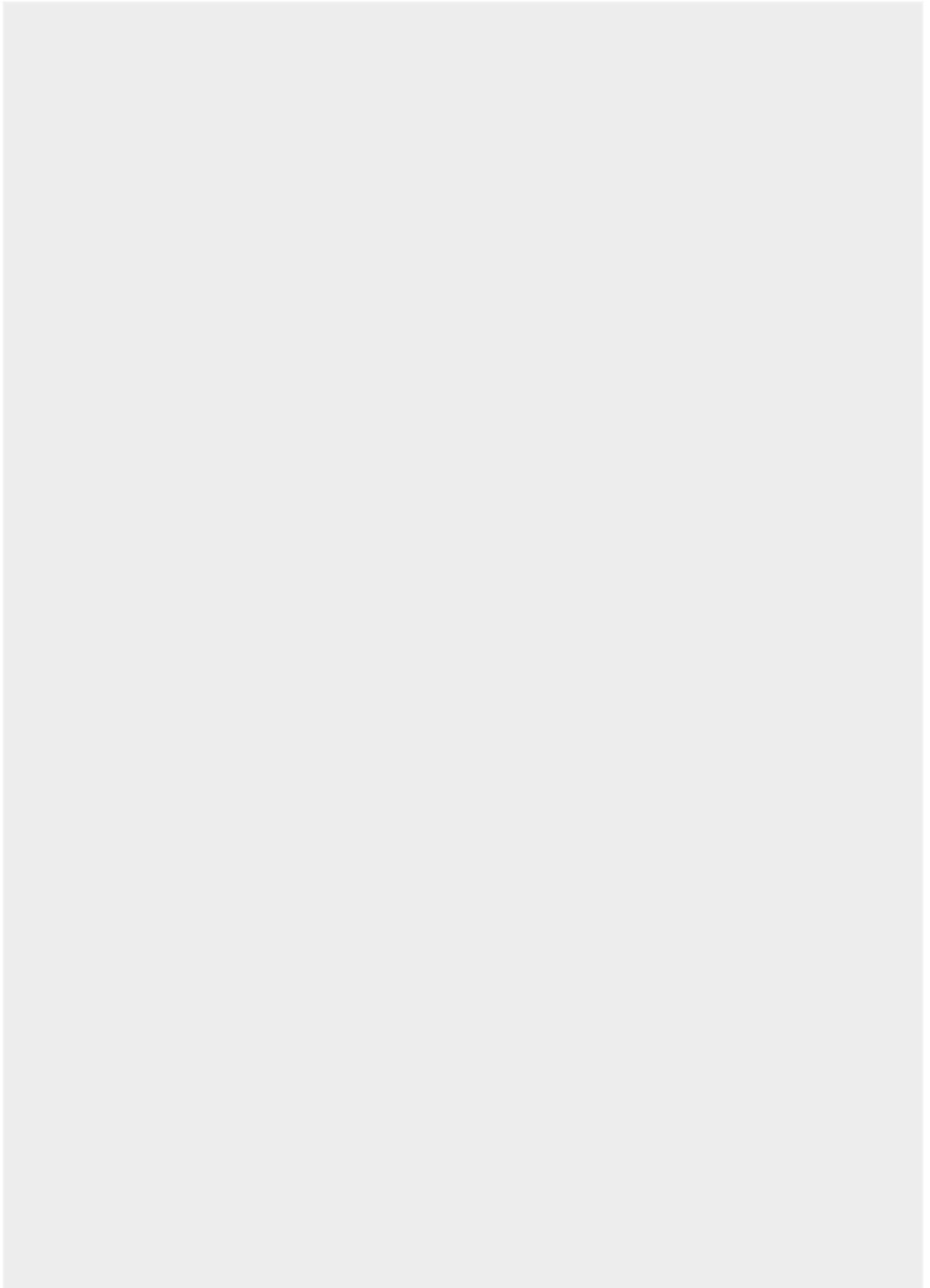


Exercise Eight

Make your Choice of Coach & Begin the coaching programme.



Notes



Notes

