### NICK SILVERSTONE

### FRACTIONALMO

SNR LEADERS ADHD COACH

ADHD Coaching - how it works

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### SENIOR LEADERS ADHD COACHING

ADHDWorks Certiified Coach and Mental Health 1st Aider



# WHAT IS SENIOR LEADERS ADHD COACHING?



"Learning about ADHD is like **wearing glasses** - you can see the mess, but **don't know how** to clean it"

-Leanne Maskell

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ADHD

ADDD

## WHAT IS SENIOR LEADERS ADHD COACHING?



It's a **coaching model** that blends neuroscience, behavioural psychology, and performance coaching to help individuals with ADHD:

- Improve executive functioning
- Work with our brains (not against it)
- Repositioning and rethinking how you view approach to task, work and life work / balance
- Create sustainable strategies for leadership and performance



# WHAT ADHD COACHING TYPICALLY COVERS?

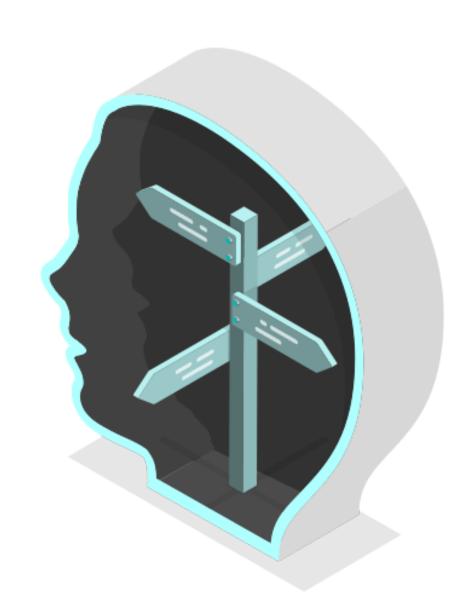


What we want to achieve	Focus	How it Helps ADHD Leaders
Clarity	Define goals, priorities, and purpose	Reduces overwhelm and "idea flood"
Structure	Systems, routines, planning	Compensates for working memory & task-switching issues
Activation	Motivation, task initiation, breaking inertia	Addresses procrastination and paralysis
Regulation	Emotional self-management, managing overstimulation	Helps with impulsivity, burnout, and overcommitting
Accountability	Tracking, reflection, external check-ins	Builds habits, reduces inconsistency
Strengths-Based Focus	Leveraging creativity, hyperfocus, problem-solving	Builds confidence and long-term traction

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#### ADHD COACHING COST



Typically coaching consists, typically, of anywhere between 8 and 12 weekly sessions initially when can then be on-going, depending on need. However, this is flexible to your requirements. Between sessions, some investment will required your your part for:

- A couple of exercises / assessments
- Implementation of weekly goals, we agree

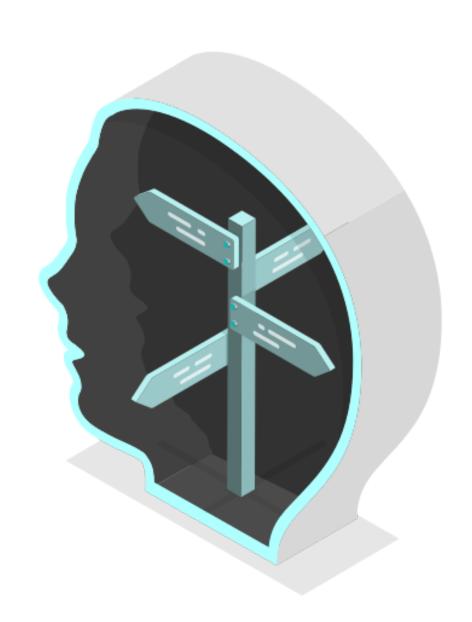
Induction - £90 - 45 min session

Session costs - £120 per hour [bought in blocks of 5 in advance]



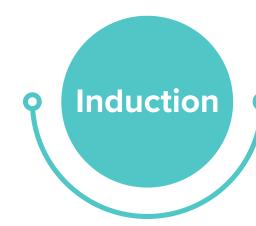
### ADHD COACHING

### Examples of typlical weekly Coaching Sessions



- Understand your strengths
  - Playing to them
- What are your 'saboteurs'
  - Reframing them

- Implementing best practice
- Review and refine tactics
- Hold to account
- Understanding positive impact changes



Session 1 to 3 Session 4 to 8

Session 9 to 12



- Introductions
- Awareness
- How impacted
- What is coaching
  - what to expect
  - what outcomes

- Developing Tactics
- Implementing Smart Goals to manage
- Exploring deeper

- Ongoing, less regular or Ad hoc sessions, as required
- Reenforcement and holding to account
- Any additional areas to address

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### A bit about me

- A successful career spanning a breadth of industries

  Property | SaaS | Recruitment | IT | Healthcare | Marketing
- Formally MD of Wagada Digital

  Helped grow a marketing agency from local SEO agency with several £100k turnover to a 3 office office national agency with international client base and multi-million pound turnover.
- l'm now a Fractional MD and ADHD Coach
  Working with a number of founders and business leaders helping
  them to scale, ready for exit or be better

Get F.I.T - Foundations | Implementation | Transformation



