

NICK SILVERSTONE

FRACTIONALMD

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

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

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 typical **weekly Coaching Sessions**



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.

🕒 **I'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

