



Coach's Corner

by Nancy Ratey

Janis is a 52-year-old woman with 3 kids ranging in age from 11 to 20. She married early and was happy to be a mom and a homemaker. Recently, she and her husband divorced. Now, for the first time, Janis is a single parent exploring career options.

Michelle graduated from a top notch university with a degree in accounting. For several years she worked at jobs in allied fields. Last year, at the age of 25, she landed the accounting job of her dreams.

Cynthia is a struggling entrepreneur. She is 36 years old. Cynthia wants to earn more money, find a partner to settle down with, buy a house and have children.

What do all these woman have in common? They all have ADD and various forms of learning disabilities, and they all have chosen to work with a coach to help them manage their difficulties and to help develop more balanced and fulfilling lives.

We are all familiar with the idea of a coach to improve one's performance in athletics. But what about hiring a coach to help your overall performance and ability to live a more satisfying life? ADD coaching aims to do just that! Typical issues for women in ADD coaching include problems with organization, time management, controlling clutter, and identifying important areas in your life, such as exercise, relaxation and time with friends, which have often been lost in your struggles to deal with your daily responsibilities.

Coaching is a perfect "fit" for the ADD brain because it provides structure, reminders and support. It is a practical and concrete process in which you and

your coach work together to identify and clarify your goals and then to chart a course towards accomplishing these goals. Most importantly, an ADD coach helps to motivate you and to keep you focused as you work toward your goals. Coaching involves both regular meetings and telephone check-ins to report your progress.

As an ADD coach, I work with women of all ages and economic and educational backgrounds. In this column I will present real life scenarios of women with ADD at home, at school, and in the workplace. I will share the struggles and offer the strategies used by each woman as she worked toward her goals. Most importantly, I will explore how a coach can help women with ADD discover the skills and strategies they need to live a more fulfilling and balanced life despite the extra challenges of a learning disability and/or ADD.

I bring to my coaching my own struggles and understanding that I have gained over the years as a person with LD and ADD and as a provider of services. Through this personal connection with ADD and LD issues, I am able to coach my clients toward creative solutions with energy, enthusiasm, and a sense of humor.

Send your questions to Coach's Corner, ADDvance Magazine, 4400 East-West Highway, Suite 816, Bethesda, Maryland 20814 or e-mail coach@addvance.com. To find a coach in your area, call: The American Coaches Assoc. 610-825-4505.

Nancy A. Ratey, Ed.M. is the director of addIMPACT in Wellesley, MA. In addition to her work as a coach, Nancy trains and supervises coaches and also runs psycho-educational support groups concerning various workplace issues for professionals with ADD/LD.



Coaching is a perfect "fit" for the ADD brain because it provides structure, reminders and support.