

# Let's Talk Learning Disabilities

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## EPISODE 04

In Episode 04 Laurie interviews friend Michael Snyder, who is a self-made ADHD coach. They discuss what it looks like to identify ADHD, the tell-tale symptoms and the ups and downs one can experience transitioning medicines, dosages and strategies.

### ADHD Stigmas 5 min

ADHD is a well known learning disability that has a history of being misunderstood. Michael shares his childhood experiences of acting out, not being able to focus, and being very misunderstood by parents, teachers and other authoritative figures for being the bad kid. He was undiagnosed and unmedicated as an adolescent, and now sees the value in finding what works well for each individual, because ADHD shows up differently in each person.

### Medication & Treatment 22 min

Many individuals with ADHD have experienced what it's like to function on and off of medication. Michael and Laurie both share that they are currently medicated for their ADHD and how they have both had different experiences in coming off of medication. Tiredness, lack of motivation, lack of attention and vivid dreams are all symptoms they talk about dealing with when experimenting with coming off of medication.

### Experimentation 26 min

In this episode experimentation is something that was talked about in depth. Experimentation is something both Michael & Laurie can speak to, since they have both chosen to go unmedicated for ADHD at different points in their lives. Michael shares how he felt this need to find out if he was a different person off of his medicine. After becoming really self aware in who he was and what his real struggles were off of his medicine, he was able to make the decision that medicine helped him to function better, and didn't affect his character, and who he really was as a person. It made him better, not worse.

### ADHD Coaching 27 min

ADHD Coaching is a tool that can help many individuals who struggle with ADHD in functioning at a higher level. Many times all that's needed is a strategy or another level of accountability to help them break through. Michael shares that the most important piece in successful ADHD coaching is becoming self aware. Without knowing what your own struggles, goals, and intentions are, it's hard to achieve any type of change, which is why he's seen more success in older individuals rather than children who are just beginning to learn what they want out of life and who they want to be.

#### **What Can We Do For Kids? 38 min**

Like mentioned earlier in the podcast, if an individual hasn't reached a certain level of self-awareness, the coaching isn't as successful which can make ADHD coaching in children a lot more difficult. There is however, a lot of great education that can be helpful for the family as a whole. A lot of times when children are growing and have recently been diagnosed with ADHD, parents can unintentionally limit progress by punishment and disapproval. Counselling can be a fantastic outlet to benefit from as a family.

#### **Insurance & Resources 45 min**

ADHD Coaching is something that can be a fantastic resource for growth and breakthrough when challenges arise. Other than medication and counseling, ADHD coaching focuses on the future and inspires individuals to use the best parts of their brains and all of the beauty that comes with it. To find out more about our guest, Michael Snyder, and the coaching he offers, visit the link below.

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