

Let's Talk Learning Disabilities

EPISODE 26

In this Episode, Laurie and Abbey Interview Cheryl Susman, a coach in several different arenas, that all benefit the ADHD realm from individuals with ADHD, to parents and spouses who live alongside those with ADHD.

What Types of ADHD Coaching Exist? (11 min)

ADHD Coaching is a broad spectrum that could include coaching an individual on specific skill sets to improve their efficacy or efficiency. ADHD coaching for an individual can include working setting and achieving goals, and putting in place systems or reminders to help get the job done. Also, parent coaching for a parent who is trying their best to assist a child with ADHD is another way of benefitting the situation as a whole. It can help parents make decisions that work best for them and their unique family situation. Learning more about ADHD and the ins and outs of how an individual processes, learns and functions, can help a parent support their child with ADHD in the best way. Another type of coaching available is entrepreneurial coaching. Many individuals with ADHD tend to go on the entrepreneur career path which offers many benefits for them like schedule flexibility, creative freedom. On the other hand, managing multiple priorities, decision making and delegating may be difficult for an individual with ADHD. These are just a few types of coaching that Cheryl mentions in the podcast interview that can impact someone with ADHD.

Where Does Coaching Start? (14 min)

Cheryl recommends some type of assessment that can get a get understanding of what the individuals hang ups and strengths are. For example, she uses what she calls a strategy assessment, which is a talking session asking questions about their end goals and finding out what is keeping them from achieving those end goals. Whether it is a fear of failure, or an executive functioning skill that needs attention, these obstacles can be found through diving deep

into those sometimes difficult conversations. Cheryl also mentions that occasionally she will have a strategy session that doesn't necessarily need to move further than that original conversation because of the truths and awarenesses that are found in the middle of it.

Seeking Help for ADHD for Others (17 min)

Cheryl does offer coaching for others who may be neurotypical and are associated with someone who has ADHD, like a parent or spouse. It is however strictly centered around their role in supporting that other person with their day to day live, not forcing any changes in their life. There have been instances of parents calling in to seek help for their adult children with ADHD, when in reality, they may not want or need that coaching and are satisfied with the quality of their performance. There is not a ton that can be done in this situation because of the lack of ownership in responsibility. If someone wants to see a change, and desires the additional support, better results can be achieved.

Brain Health & Memory Coaching (20 min)

This is a new service that was derived from being asked to assist "Covid Long Haulers" who have seen lingering brain effects from having the Covid-19 virus. One major symptom that gets talked about a lot is the "Covid brain fog" we have all heard about, basically limiting the ability to focus at times or trouble with short term memory. Cheryl has had a great response in her clients who have worked on specific memory building skills and focusing techniques. In return their sleep, exercise, and other areas of life have seen a beneficial result and new healthy patterns being built.

Resources:

Cheryl Susan, ADHD Coach - <https://cherylsusman.com>

Free Resource "5 tools to Get and Stay Motivated with ADHD" - <https://bit.ly/motivatemybrain>

Contact info for the podcast: letstalklearningdisabilities@gmail.com

E-Diagnostic Learning Website: <https://ediagnosticlearning.com>

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Length of episode 44:43