

Let's Talk Learning Disabilities

EPISODE 28

In this Episode, Laurie and Abbey Interview Tracy Otsuka, creator of the podcast, ADHD for Smart Ass Women. This is part 2 of the interview, where they discuss Coretography among other topics. Find more info on her podcast at tracyotsuka.com.

Knowing Your Strengths is Power (41 min)

After talking about her own weaknesses which she knows all too well, Tracy heeds ADHD listeners to focus on your strengths and to get help for the rest, as soon as possible. With so many virtual leverage options around the world, there's quality help available at affordable cost. Many virtual assistants in countries like the Philippines have excellent education and English skills and their cost of living is much lower than the US, making the option to hire out help much more plausible for those looking to be more effective without breaking the budget for operating expenses. Getting affordable leverage can allow you to focus on your strengths and perform effectively in your strength zone, in turn making your productivity and most likely your profitability multiply as well. If you consistently struggle with being the bottleneck in the workflow, or have a hard time seeing things through to completion, you may need to shift your perspective on leverage.

Coretography (43 min)

Coretography is a patented program offered by Tracy Otsuka, as a resolution to the question, "What do I do with my life?" The name comes from CORE, alluding to your own core values and who you are at your core as a person, and CARTOGRAPHY, pertaining to mapping. This is a program geared toward finding those things about you that make you YOU, and then realizing what your strengths are and how that can be implemented in the world. Since developing Coretography, Tracy has redesigned this specifically to women and is working

on redesigning the program also to teens specifically. Tracy gives a great explanation of what ADHD truly is, she says ADHD is misnamed. It is not a deficiency of attention, but actually a surplus of attention. With having so many interests, it's so important to know what truly ignites your passion and purpose, because those are the areas where you won't have to work extra hard at creating energy and focus.

What Would You Tell Your Young ADHD Self? (50 min)

Laurie & Abbey ask Tracy a thought-provoking question, "If you could go back and give your 18--yearold self some advice, or even your 15 year old self, some advice, what would it be?" Tracy shares in the previous episode that she was well into adulthood when she realized she had ADHD, and can now look back and recognize those qualities, struggles, and qualms that pointed to her having ADHD even as a child. She responds to the question with, "I think it would be that we are born knowing who we are, you know, as small children, we're totally clued in on what we want. We know what we love and enjoy, but somewhere along the lines, we start listening to everyone else. And we make them the expert on all of that, whether that's our parents, teachers, friends, you know, the church, the media, we start to become who we think they want us to be." A word of advice to any ADHD listeners out there, don't be afraid to step into who you really are. Finding those areas of your personality again that are in your strength zone can be the catalyst to the joy and fulfillment you experience, even while navigating life with ADHD.

Resources:

ADHD For Smart Ass Women Podcast: tracyotsuka.com

Contact info for the podcast: letstalklearningdisabilities@gmail.com

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

Social:

Facebook: <https://www.facebook.com/eDiaglearning/>

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