

How to find a great ADHD coach

(13 questions you must ask before you hire one!)

by Linda Roggli, PCC

Not everyone who claims to be an ADHD coach is truly qualified. Find out more before you commit. Don't hire an ADHD Coach without asking these thirteen vital questions:

1. How long have you been coaching?
2. Do you have formal coaching training? With an ICF accredited coaching school? How many hours was the training (should be at least 60 hours).
3. What coaching certifications do you hold?
4. Who is your ideal client?
5. How long do your clients usually coach with you? Is there a minimum commitment?
6. What is your normal client load, e.g. how many private clients do you work with at a time?
7. How long are your sessions? How many session do you coach per month?
8. Where do you prefer to coach - phone, in person, Skype?
9. What is your coaching philosophy or approach?
10. How do you hold your clients accountable or help keep them on track?
11. What kinds of coaching tools (if any) do you use with clients?
12. How do you evaluate whether coaching has been successful for your clients?
13. What happens at the end of coaching; is there follow up with your clients?

Bonus question: What are your fee schedules and payment options?

Notice the money is the LAST question, not the first. Coaching is all about value, not cost. It costs a lot to have untreated ADHD; the money you spend on coaching will more than pay for itself in the long run.

For more information about ADHD coaching, visit the ADDiva website:
<http://www.addiva.net/possibilities/coaching/>
or call 919-309-9300