



What do those initials mean?

Organizations

ICF-- International Coach Federation

ACO- ADD Coaches Organization

IAAC - Institute of the Advancement of ADD Coaches

PAAC - Professional Association of ADD Coaches

ICF Certifications

ACC - Associate Certified Coach (ICF - 100 hours)

PCC- Professional Certified Coach (ICF - 750 hours)

MCC- Master Certified Coach (ICF- 2500 hours)

IACC Certification

SCAC - Senior Certified ADD Coach (IAAC)

Coaching school certification

CPCC-- Certified Professional Co-active Coach (Coaches Training Institute)

CLC - Certified Life Coach (Coach for Life)





Find an ADD coach

ADHD Coaches' Organization (ACO)

www.adhdcoaches.org

Directory of professionally trained coaches with ADHD expertise

Attention Deficit Disorder Association (ADDA)

<http://www.add.org/DirectoryHome.aspx>

Coaches who specialize in coaching adults with ADHD

ADD Consults

<http://www.addconsults.com/coaches/>

Terry Matlen's comprehensive listing for coaches - all ages coached

International Coach Federation

<http://www.coachfederation.org/ICF/For+Coaching+Clients/Selecting+a+Coach/>

The accrediting organization for coaches has a searchable database;

usually you put in a Request For Proposal to find an ADD coach

then whoever responds to your criteria will contact you





How does coaching work?

I will call you for our sessions.

Or you will come to the coaching studio at GardenSpirit Guesthouse.

Make sure you will be undisturbed during the session.

This is YOUR time. Make the most of it with no distractions. Muffle the doorbell, put the dog out, turn off your cell phone (unless you're using it for the call) and tell your family to honor your request for solitude and privacy. Coaching is simply not effective when you have an audience hanging on every word .

Have your coaching notebook with you for note-taking

Often, there will be specific requests or inquiries to be completed before the next session. Using your notebook will help track those requests.

Practice extreme self care

Take care of your personal needs before our session - a glass of water, a candle, a comfortable chair. Make your coaching time irresistible!

Honor our starting and ending times

Please be prompt for our sessions. If you are five minutes late, I will call you again at the numbers you provide. If you know you'll be delayed, let me know so we can reschedule or work around the delay. Our sessions will end promptly as well.

Missed sessions will not be made up without 24 hours advance notice

Unless there is an emergency, you are charged for missed sessions (without 24-hour notice to me). If you call and cannot reach me, please hang up and try again in a minute. If there is still no answer, please leave a number where you can be reached.

Coaching line/office: 919. 309. 9300

Fax number 919. 309. 9007 Cell phone 919. 308. 4879

Email address: linda@addiva.net

I usually respond to email within 24 hours. If you do not hear from me, please call to make sure your message was received. **Do not use email for urgent messages!**





Those coaching guidelines...

1. It's all about YOU! Remember that coaching is for your benefit. I provide a safe place for you to (re)discover yourself and your unique gifts. I also provide structure, accountability and constant encouragement for you to be fully expressed in the world. It is your job to be committed, willing and open to these discoveries.
2. I advocate an amazing form of self nurturance called "**Extreme Self Care.**" Simply put, it means taking care of yourself in the most tender, most exuberant ways possible. During coaching and for the rest of your life, try practicing Extreme Self Care in all areas of your life: intellectual, emotional, spiritual and physical.
3. **You set the agenda for our coaching sessions.** That said, we will maintain focus on the goals you set at the beginning of our coaching relationship. I may gently guide us back to those if we wander afield.
4. **You are responsible for the outcome** of your coaching sessions; in other words, Ask For What You Want! And sometimes, I'll ask you what you want!
5. **Your best answers are always self-generated.** Coaches aren't consultants: we don't give advice and expect you to implement it. Instead, we work together to find solutions and strategies that work for YOU.
6. **Coaching isn't the same as therapy.** Therapy is a medical model - it looks at what is "wrong" and takes an approach that looks at your history, bringing it into today's issues. Coaching takes you from where you are today and moves forward from there. You may be in therapy AND in coaching at the same time with different focus and different results. It's all good!
7. Have fun! Having a coach is like having **your own private cheering section**, so make the most of it! Bask in the glory! Fully take in acknowledgements, knowing they are offered generously and sincerely.





Our Agreement

This agreement is made by and between:

Linda Roggli (Coach, I), an individual residing at 137 Heather Ridge Court, Durham, NC 27712; and _____ (Client, You), an individual residing at: _____

This agreement is effective _____ (date) for an initial period of three months (nine regular sessions plus the Foundation session). After the initial period the agreement will continue on a month-to-month basis and may be terminated by either Coach or Client without penalty by either of us providing one month's advance written notice.

You agree to receive and pay for the following services:

1. Foundation session
Initial session, up to 3 hours
2. Ongoing coaching
Three calls or visits per month, up to 60 minutes each
Email contact between sessions

You will also be given advance notice of all ADDiva teleclasses, free access to all ADDiva downloads and reports; and other discounts through ADDiva affiliates.

Fees

1. A one-time fee of \$375 for the Foundation Session PLUS
2. Monthly fees paid in one of the following ways:
 - () Monthly at a rate of \$375/month
 - () 3 months program pre-paid: \$1010 (save 10%)
 - () 6 months program pre-paid: \$1800 (save 20%)

Payment is due in advance of all sessions and may be paid through credit card, PayPal or personal check.





Our Agreement (cont)

Your commitment to coaching starts here: check the items you are willing to do:

- _____ Be on time for our sessions (or call to let me know you will be late)
- _____ Come to each session with an idea of what we'll discuss/address
- _____ Ask for what you want from the session and from Linda
- _____ Let Linda know what is working for you and what is not working
- _____ Be honest; tell the whole truth, not the partial or prettied-up truth
- _____ Understand that Linda's role as coach is to ask powerful questions and that your role is to answer the questions by yourself, for yourself
- _____ Allow Linda to be bold and forthright with coaching
- _____ Take in acknowledgements fully and deeply
- _____ Practice Extreme Self Care (take really good care of yourself)
- _____ Carefully consider completing requests and inquiries made during sessions
- _____ Take responsibility for your own outcomes

As your coach, my commitment to you is compassionate, powerful listening; enthusiastic support; many ADD resources; and unwavering faith in your growth as the magnificent being you are and are becoming.

(Optional)

- _____ I have your permission to acknowledge you publicly as a client (initials only)
- _____ I have your permission to use you as a reference.
- _____ I have your permission to use your contact information when applying for credentials and certification (through the International Coach Federation)

I understand that Linda Roggli, PCC/CLC, is an ADD coach who may discuss various treatment options, resources, vitamins, supplements and medications that may help to better manage ADD. These resources are for me to consider, not advice as to a specific plan for action. Any changes or additions to medication, treatment plans or specialized therapy should be supervised by my own doctor or other appropriate professionals.

Our signatures on this agreement indicate full compliance with the requests and promises above and complete understanding of the services provided.

Your signature

Date agreement signed





Who is Linda, anyway?

Linda Diane Wheeler Surratt Roggli -- that's her full name



Yes, married and divorced (twice from same guy!). Now happily married again (last time). Two grown-and-out-of-the-house sons (one married last summer), one step-daughter, also married.

Grew up in central Illinois on a big farm and nearly sliced off her toe trying to sunbathe while hoeing corn out of the bean fields. Learned to love the outdoors and the infinite wonder of clouds as well as the busy world nestled deep down under the grass, but spent a lot of time reading, too.

Over the years, she stayed busy with being a radio, TV and newspaper journalist, a development director, and then opened her own advertising agency (Exclusive Writes, Inc.). She won a lot of awards and worked 70 hours a week but in spite of having all that fun, in 2000 she realized that something was not quite working (hint - it was all about her own ADHD and adrenaline-influenced career choice!).

So she closed her office, dreamed a BIG dream and retrained as a retreat facilitator. She graduated with the inaugural FasTrak program through the Conversations with God Foundation; she graduated from Coach for Life in 2004 and earned her life coaching certification in 2005 and her ICF certification in 2006 and 2008. She also trained as a certified facilitator for Speaking Circles (Focus Circles). She has ADD-specific training through CHADD, ADDA and has trained with master ADD coaches Linda Anderson and Nancy Ratey. She is a founding member of the ACO (ADD Coaches' Organization), the Institute for the Advancement of ADD Coaching and cofounded the Unitarian Universalist Coaching Network.

The ADDiva Network sprang from Linda's core values: the passion she feels for life and the tantalizing possibilities that lurk around every corner – an enthusiastic ADD-ish way of looking at life.

“My commitment to you is compassionate, powerful listening; support for your ADD challenges and acknowledgment for your ADD successes; and an unshakable belief in the “real you.”

– Linda S. Roggli





ADD/ICF Coaching Standards

Professional Guidelines and Standards for AD/HD Coaching
(adapted from ADDA guidelines created by Nancy Ratey, MA)

AD/HD coaches:

1. Provide access to AD/HD coaching for all appropriate clients regardless of age, gender, race, religion or sexual orientation.
2. Respect and hold in confidence all client information, obtaining permission to discuss or disclose client information only when a formal release form, specifying the terms of release, has been signed.
3. Clearly and accurately represent their level of competency, expertise, training and credentials.
4. Explain in detail the terms of the coaching contract, including administrative details and financial arrangements.
5. Define the coach/client relationship and under no circumstances take advantage of a client personally, socially, sexually, or financially.
6. Avoid all possible conflicts of interest by disclosing to the client any personal gain the coach might receive by referring the client to another professional or advising the client to take some specific action.
7. Continue learning about coaching and AD/HD specifically, attending and participating in professional conferences and organizations.
8. Build strong and ethical professional relationships with colleagues to enhance and promote communication and collaboration for the benefit of the AD/HD client.
8. Maintain full compliance with any institutional or governmental regulations and laws that may apply regarding research.

All ethical guidelines and standards for practice are directed toward maintaining and promoting quality assurance in the field of AD/HD coaching. All AD/HD coaches have a responsibility to uphold and advance the values, ethics, and knowledge of the profession.

The International Coach Federation Pledge of Ethics

As a professional coach, I acknowledge and agree to honor my ethical obligations to my coaching clients and colleagues and to the public at large. I pledge to comply with the ICF Code of Ethics, to treat people with dignity as independent and equal human beings, and to model these standards with those whom I coach. If I breach this Pledge of Ethics or any part of the ICF Code of Ethics, I agree that the ICF in its sole discretion may hold me accountable for so doing. I further agree that my accountability to the ICF for any breach may include loss of my ICF membership and/or my ICF credentials.

I, Linda Roggli, PCC, abide by the letter and intent of these guidelines as a member in good standing of the ICF, CHADD, ADDA and IAAC and ACO.

