

ADDiva

explore - embrace - flourish

FAQ: ADDiva coaching

What is ADHD coaching, anyway?

It's like having a sounding board, a cheerleader and an accountability team all rolled into one. You'll get help with organizing, time management, career opportunities, relationships and yes, those ever-present piles!

Is it different from life coaching?

ADHD coaching is a bit more structured than life coaching but follows the same principles: that the best path for your life is created by YOU and supported by Linda. Not only do you work on the ADHD issues that affect your life, you also get a personal life trainer who will help you discover and live that life you deserve.

How is it different from psychotherapy?

Psychotherapy often focuses on past behavior or experiences to help explain current attitudes and behavior. ADDivas often use both a therapist and a coach; they are complementary.

What can I talk about during coaching?

Absolutely anything. Whatever issues are on the table for you are fair game (and confidential).

What's the Focus Coaching program?

You've tried again and again to be on time, get organized and stay that way, stop interrupting, finish one project before you start another one. But too often you slide back into the old pattern; it's disheartening.

The Focus Coaching program helps you set up a system for your success with renewed emphasis on structure, accountability and (especially) working with your ADHD instead of fighting it. You take charge of your life again.

How can someone with ADHD be a good ADHD coach?

Linda has not only experienced ADHD firsthand, she stays abreast of current research, tools and tips for ADDivas. And she holds a space for both accountability ... and forgiveness!



How long do coaching sessions last?

Coaching is conducted in weekly 60 minute sessions, in person or by phone. The Foundation Session (first session) is 90 minutes and includes the VIA Survey and SASI.

How long do people stay in coaching?

Coaching is a short term commitment. Linda requires a minimum commitment of six months (18 sessions total), but although some people choose to continue coaching for twelve months or longer.

How much does it cost?

The six month package is \$4195 if paid in full at the outset of coaching or \$747 if paid monthly. The twelve month package is \$8395 or \$727 monthly. Coaching is paid in advance.

What about confidentiality?

You can count on Linda to maintain your confidentiality inside and outside the coaching relationship. And since coaching is not covered by health insurance, there is no "public" record of our work. You can relax and be yourself!

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Coaching with Linda Roggli, PCC



Linda creates a safe space in which to grow and explore ... she is compassionate, warm, funny and yet she asks the tough questions.
-BJ, Hillsborough, NC

WOW and thank YOU! I am so excited about the possibilities that I see coming from working with you. Thank you for rekindling the hope!
-KJ, Raleigh, NC

"I can't believe how fast things are changing because of coaching."
- MW, Los Angeles, CA

"You weren't my first coach, but you are my best coach!"
- JL, Charlotte, NC

Training/education

- Certified by ICF, 2006, 2008, 2011, 2014
- EDGE ADHD certified coach training 2009
- ADHD coaching training: ADDA, CHADD, Linda Anderson MCC, Nancy Ratey, MCC
- Coach for Life graduate 2004
- CwG coaching training, 2003
- Speaking Circles certification, 2004
- CwG FasTrak Leadership graduate 2003
- Mediation training 1995
- B.A.S., University of Louisville (Communications)

Previous professional experience

- Owner/CEO, Exclusive Writes, Inc
award-winning advertising agency
- Journalist for radio, TV, newspaper
 - Professional writer, magazine, newspaper
 - Director of Development, public schools

Professional affiliations

- ICF professional member
- CHADD professional member
- ADDA vice-president, chair of webinar series
- ADHD Coaches Organization (ACO)
- North American Menopause Society
- International Positive Psychology Association

"You are more than your ADD, so don't let it stop you from living the life you were born to live: rich with creativity and energy, full of excitement and passion and anchored in integrity about your life purpose.

I am living proof that you can hug your ADD-ish tendencies and thrive!"
- Linda Roggli

**Call me at 919-309-9300
Or send me a confidential
email:
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