



FAQ: ADD coaching

What is ADD 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?

ADD 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 ADD 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.

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 Encouragement Model®?

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 Encouragement Model helps you move toward your goals again with 100% positive support. Together, we set up a system for your success so you take charge of your life again and feel good about it!

How can someone with ADD be a good ADD coach?

Linda has not only experienced ADD 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 two hours and includes the VIA Survey and ADD SASI.

How long do people stay in coaching?

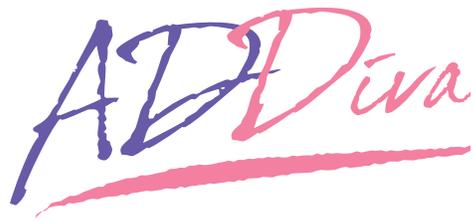
A minimum commitment of three months (10 sessions total) is considered effective, although many people choose to continue coaching for six months or longer.

How much does it cost?

The Foundation Session is a one time fee of \$400. Monthly coaching fees are \$500 for three sessions although discounts are possible with multi-month payment. Fees are 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!



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

- Coach for Life graduate 2004
- CwG coaching training, 2003
- Certified by ICF, 2006, 2008, 2011
- ADHD coaching training: ADDA, CHADD, Linda Anderson MCC, Nancy Ratey, MCC
- EDGE ADHD certified coach training 2009
- Mediation training 1995
- Speaking Circles certification, 2004
- CwG FasTrak Leadership graduate 2003
- 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 webinars
- ADHD Coaches Organization (ACO)
- Intitute for the Advancement of ADHD Coaching
- 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