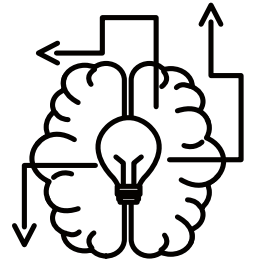


## FREQUENTLY ASKED QUESTIONS - ADHD COACHING

### HOW OFTEN WILL I BE COACHED?

It's over to you!... Some individuals are keen to check-in weekly, while for others, it's a better fit to have a session every fortnight. Whichever you choose, we recommend a minimum of 6-8 sessions (for 1hr per session) but are happy to discuss what works best for you, based on your personal needs & desired goals.



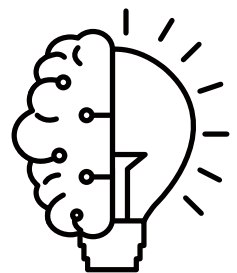
### WHAT IF I DON'T HAVE THE FIRST CLUE ABOUT WHAT I WANT TO BE COACHED ON?!

Don't worry, we totally get it! Luckily, unlike traditional coaching where you'd typically set the agenda and steer the sessions, we'll get to know you and work together to come up with a plan. We'll help you prioritise what's important to you and that will help you achieve your goals. We'll provide reassurance, expert guidance & suggestions, so you don't have to stress.



### ARE YOU ACCREDITED BY THE INTERNATIONAL COACHING FEDERATION?

In a nutshell, no! Here at Potential Unearthed (and like our good friends at ADHD Works), we believe that traditional coaching methods don't always work for neurodivergent individuals. Instead, our coaching approach is totally centred around you, what living with ADHD looks like for you & how you can hack your ADHD brain to get the most from it!



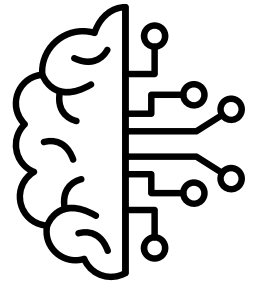
To do this, we follow the **ADHD Works Executive Functioning Coaching Method™**, a neuroscience-based framework that's been specially designed to strengthen executive functioning skills, which for ADHD'ers, are known to be developmentally delayed by 30%.

Coaching certification through **ADHD Works** also means that we've been educated in the first and only accredited ADHD Coaching Programme in the UK by The CPD Certification Service (& which is underpinned by a growing community of like-minded ADHD Coaches), so you can rest-assured that you'll be in extremely good hands!

## FREQUENTLY ASKED QUESTIONS - ADHD COACHING

### WHAT CAN'T/WON'T YOU DO AS MY ADHD COACH?

- Make decisions for you – Instead, what we will do is empower you to come to your own objective and informed decisions.
- Offer therapy or medical advice & diagnoses – we're definitely not clinically trained professionals like Psychiatrists or Doctors! We're certified ADHD coaches, so this is naturally where our expertise & focus solely lies. If we feel that you'd benefit from a different kind of specialist help, we'll kindly inform you, so that you can seek the right kind of support.



### HOW SOON CAN I GET STARTED?

Great question! The first step (and we appreciate this may be hard), is to **get in touch**.

Trust us, we know it might sound daunting, but we can re-assure you that you'll be made to feel extremely welcome. So go on...

***Let us help you and your squiggly brain shine – you'll not regret it!***

