Website - How I work

[00:00:00] Hi, I'm Paula. One thing I know for sure is that every person with ADHD is different. We all have similarities, but ADHD is a spectrum. so the way one person's ADHD shows up might be really different to another one of us could be great at planning and organizing and being on time, but struggle massively emotionally.

Another person could find they just find everything difficult planning, emotional regulation, time management an overactive brain impulsivity. And then we add in a person's personality, their personal circumstances and their past experience.

And you can see right now how ADHD coaching must be really something that is specific and unique to you. A lot of the time you know what to do.

You might even have a goal, but getting yourself to do it can be almost impossible and the feeling that leaves you with is less than desirable. So I work in a way that considers all aspects of who you [00:01:00] are and where you are on your journey and help you to achieve your goals or simply do life better.

we work on a 45 minute to an hour basis, depending on how you like to do things.

If your focus wavers after short bursts or you like to work really fast, then maybe 45 minutes is enough. However, if you're a verbal processor or a slow processor, an hour will be better. The first session, however, will always be an hour and a half 'cause that'll give us time to understand each other, get to know each other, and for me to understand what you want to achieve from our sessions.

Within my sessions, I'll generally give a little education as to what is going on because it's really important for you to understand how and why ADHD is affecting you. But of course, we'll all have our own levels of knowledge in this area and of course that again is dependent on how you like to do things.[00:02:00]

Maybe you want to be educated, maybe you just wanna get on with it. But we work on building systems and strategies to counteract any frustrations you are experiencing. So as we move through our sessions, it's inevitable that you will come up with some limiting beliefs, possibly some fears or resistance that's blocking your way from moving forwards, and that is completely normal.

So I'll help you to become aware of what they are, how they're affecting you, and will come up with ways to overcome these so that you can step into the fullest most confident version of yourself. My package is currently three months, as this gives time for some real impact through compounding changes over that time.

However, if you've got another idea in mind, I'm always happy to hear it. So if you feel ready to discuss, then book your chat with me. Now while it's on your mind. It doesn't mean committing. It's just an opportunity for you to ask me any questions [00:03:00] and see if we're suited to working together. So thanks for listening, and I hope to see you soon.