



ADHD Coaching

To register call 403-686-9300 ext.102
100, 1117 Macleod Trail SE Calgary, AB

"Coaching is wonderful for those with ADHD because it gets to all the nitty, gritty stuff that medication does not address. Medication can reduce the symptoms of ADHD and help you concentrate, but it doesn't teach you how to get organised or get that better job."

— Patricia O. Quinn, M.D.

We work with all ages, with individuals and families.

What is ADHD Coaching?

Coaching is an evidence-based method that can create and manage change. It helps people to realize their full potential. The skills and concepts that you learn from coaching are useful for children, adolescents and adults to become the best people that they can be.

In coaching, we work together to create a plan that focuses on assisting you to make changes that will allow you thrive. We work on goals or visions, decide on what techniques to try and then we fine-tune those techniques together until it feels like you've got it.

ADHD Coaching is empowering, educational, and collaborative.

What is ADHD Parent Coaching?

ADHD parent coaching focuses on helping you to change the dynamic between you and your child. You can become more confident as a parent, and your parenting strategies will be more effective.

Together we work to create a plan that focuses on supporting you to make changes that will help your child thrive, creating goals or visions, deciding on which techniques to try and then we fine-tune the techniques until they feel comfortable for you and your family.

Parent coaching is a positive approach to the daily management of ADHD.

You do not need to have an ADHD diagnosis to work with an ADHD Coach!



Our Coach is trained and certified by the ADD Coach Academy, and credentialed through International Coach Federation and the Professional Association of ADHD Coaches.

www.canlearnsociety.ca

Don't
Know
Where to
Start?

Have
Questions
About ADHD
or Learning
Difficulties?

We can help...

Our Vision
is Unlocking
Potential so All
Can Learn!

Since 1979

You Can
Trust Our
Experience

"My ADHD coaching sessions have been tremendously helpful to my daily life. My coach is helping me develop a healthy toolbox of skills to address my ADHD challenges and to recognize my ADHD strengths.."

CanLearn Client

Not sure if ADHD Coaching is for you?

“Coaching was very helpful, and a good experience. Everything that I was taught was information I didn’t know but needed to learn.”

“My initial feelings were of anxiety, self consciousness and criticism of my way for doing things. I am learning to accept how my brain processes information, my personal needs for structure and create safe environments for myself also, to ask for what I need from others.”

“This has been a blessing for me. The coaching came into my life at exactly the right time. Thank you.”

“I found my coaching experience to be far more helpful and far more instrumental than expected in surviving massive life changes and new life expectations.”

“The support and willingness to help without judgement is very appreciated.”

“We started by coaching my son, but I myself have realized that I needed coaching too.”

“P.S.: My coach has helped me out so much in even a short time. Thanks and keep up the good work!”

“My coach gave me hope.”

“CanLearn has an amazing coach. She listens, is very thoughtful and caring. Her insights help me reframe challenges and improve my self-regulation.”

“An amazing Coach with great ideas and easy to learn from. I think she may have changed my life for the better for good. Highly recommend.”

“An exceptional coach. Her compassion and understanding of my struggles kept me engaged and even when I felt I had failed her encouragement pushed me to get over some hurdles and push on. I feel blessed to have found CanLearn and I will highly recommend.”

“I have an understanding of this disorder, how it affected me, and how to live with it. Thank you for helping me with all this.”

“My coach is very knowledgeable. She has suggestions and tools that are realistic and that I can remember. I always have take home ideas, worksheets, starting points, organizational ideas. An excellent coach and I appreciate her help so much.”

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