



ADHD Coaching



“Why fit in when you were born to stand out?”

Dr Seuss

Unlocking the potential of ADHD

Living with Attention Deficit Hyperactivity Disorder (ADHD) in a professional environment can present unique challenges. If you find yourself overwhelmed by deadlines, struggling to stay organised, or battling distractions that interfere with your productivity, you're not alone. Many people with ADHD experience these obstacles daily, but there's something that can help - coaching for ADHD from Sixth Sense.

Benefits of ADHD Coaching from Sixth Sense

Gaining Control Over Your Time and Focus

One of the most common challenges people with ADHD face is time management. Distractions, shifting priorities, and difficulties with planning can lead to missed deadlines and constant stress. Coaching provides practical tools and strategies to help you:

- Develop customised time-management systems that work with the way you think.
- Prioritise tasks effectively so that you can stay focused on what matters most.
- Break down overwhelming projects into manageable steps.

By mastering these skills, you'll be able to reclaim your working days and get things done with more confidence and efficiency.

Boosting Productivity and Efficiency

Productivity can be a challenge for anyone, but for those with ADHD, the struggle can feel more intense. Coaching helps you identify your peak performance periods and use them by:

- Reducing procrastination.
- Streamlining your work processes and eliminating unproductive habits.
- Increasing your energy levels by managing tasks in a way that suits your natural rhythms.

By making small, deliberate changes to the way you work, you'll notice significant improvements in your productivity and performance.



Enhancing Executive Functioning

Executive functions are cognitive processes that allow you to plan, focus attention, remember instructions, and juggle multiple tasks. These skills are often areas of difficulty for people with ADHD, and coaching can help you:

- Strengthen your working memory so you can stay on track with complex tasks.
- Improve your ability to plan, prioritise, and execute work projects.
- Manage impulsivity and emotional responses in high-pressure situations.

With better executive functioning skills, you'll not only meet your career goals, but also improve your day-to-day experience in the workplace.

Improving Communication and Relationships

Miscommunication, misunderstandings, and difficulties in social interactions are common challenges for people with ADHD. Coaching helps you refine your interpersonal skills so you can:

- Express your ideas clearly and effectively in both meetings and team settings.
- Develop strategies for managing difficult conversations and conflict, without constantly fearing rejection.
- Strengthen your ability to listen and engage meaningfully with colleagues and clients.

Improved communication not only enhances your relationships inside, but also outside of work.





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Achieving Long Term Success

Many individuals with ADHD have brilliant ideas, creativity, and innovative problem-solving skills. The goal of coaching is not just to help you manage your symptoms, but also to tap into these strengths and set you on the path to long-term professional success. Coaching can help you:

- Set and achieve ambitious career goals.
- Maintain a healthy work-life balance, avoiding burnout and fatigue.
- Develop strategies for continuous self-improvement and growth.

With the right guidance and tools, ADHD is not a limitation—it's an asset that you can harness.

Why Sixth Sense ADHD Coaching Works

Our ADHD coaching is a personalised, collaborative process designed to meet your specific needs and goals. Our coaches are not just business psychologists and psychotherapists, but they also have specialist training in the nuances of ADHD and understand the unique ways it can manifest in professional settings.

Through one-to-one sessions, we provide:

- A non-judgmental, supportive space to explore challenges and solutions.
- Actionable strategies tailored to your strengths and development areas.
- Ongoing accountability and motivation to keep you on track.

By working with one of our ADHD coaches, you'll not only see immediate improvements in your work performance, but also develop lifelong skills that will benefit you in every aspect of your career.

"I have found the coaching from Sixth Sense to be an exceptional resource for delving into the intricacies of my ADHD. It provides a platform for me to reflect and hone my thinking and living techniques, transforming what might be seen as a lifelong challenge for some into a versatile array of strengths that I am immensely proud of."

Adam Brooks

Director, Sopra Steria

Take the First Step

If you're ready to take control of your ADHD and unlock your true professional potential, Sixth Sense ADHD coaching is for you. You don't have to navigate the complexities of your work life alone. With tailored support, practical tools, and a clear path forward, you can achieve the success you deserve.

Contact Us Today to Learn More

Ready to get started? Get in touch to set up a consultation and discover how Sixth Sense ADHD coaching can transform your work life. Our expert coaches are here to help you thrive.



Bringing Psychology to Life



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