



COACHING AGREEMENT

Thank you for choosing me to be your coach. This document explains how I coach and summarises the agreement between us and specifies the terms of the coaching agreement.

WHAT IS COACHING?

Coaching is a guided conversation, a space for you to be free to explore your thoughts and feelings. You are in charge in the coaching session. It is your self-directed learning space, whether you want to work on understanding yourself, explore career options, become clearer on how you want to live, or find strategies to manage your environment. It is a space dedicated to you. ADHD coaching is a little different in that it combines mentoring about ADHD itself with coaching. Sometimes you may want to know specific ADHD traits and reasons for them. Other times you may want someone to bounce back ideas. Maybe you have a decision to make and can't make up your mind. And sometimes you literally will just want me to give you practical support. All that is ADHD coaching.

WHAT IS COACHING NOT?

Coaching is not the same as therapy or counselling. If we discover during sessions that you would benefit from delving into the past, I can support you to find a counsellor or therapist. If you are already under the guidance of a counsellor or therapist, I would ask that you make me aware of this and seek agreement and support from this professional before coaching begins.

ADHD coaching is different from other coaching in that it includes specific psycho-education to do with ADHD. The reason for this is that many of the difficulties ADHDers go through are to do with the fact that they are trying to live according to neurotypical rules and using neurotypical methods, which are not a match to their brain wiring.

MY BACKGROUND

I hold a postgraduate diploma in Applied Positive Psychology and Coaching Psychology from the University of East London. I have previously studied at the ADD Coaching Academy (www.addca.com) and had training with Faigy Liebermann (www.focuswithfaigy.com), an ADHD Coach trainer, as well as having completed a foundation shamanic practitioner training at Shaman College (www.shamancollege.com). I am currently studying a level 7 Somatic Trauma Informed Coaching and Leadership qualification and am training to do autism and ADHD assessments.

I have worked as a class teacher, learning support teacher, SENCo, and Inclusion Manager and now work as an ADHD coach and an educational consultant. I do a lot of training to schools, groups, therapy centres, and businesses around ADHD, neurodiversity, and inclusion.

I am ADHD and have experience with neurodivergency, adoption, and LGBT+.

I work under supervision, which means that I may discuss issues raised during our coaching sessions within the confidential supervision setting. This is to support my growth as a coach. I comply with the professional guidelines of EMCC and I confirm that I am appropriately qualified and insured to provide coaching on the basis outlined above.

CONFIDENTIALITY

Whatever we discuss during our sessions will be kept in the strictest confidentiality, unless you disclose something that makes me fear that you may be a danger to someone else or to yourself. If I feel I have to disclose information to anyone else for this reason, I will inform you first.

A SESSION

- 🌀 Check-in to see how you are and to explore any wins that you have made
- 🌀 Discussing what you would like to focus on in this session
- 🌀 During the session you may wish to explore through talking, through silence, through drawing, through being in nature, through exercising, through singing, or anything else that you find useful or wish to explore
- 🌀 During the session I will listen to the words and the spaces between the words, ask questions both to clarify and to make you think, and will respectfully challenge any limiting beliefs or attitudes. I ask that you give me permission to do this.
- 🌀 Interventions from both psychology and coaching will be incorporated when appropriate, and I may suggest relevant tasks that could support you in the achievement of your goals. You get to choose whether you wish to do them or not.
- 🌀 I ask that you agree to take full responsibility for yourself and any action you undertake resulting from coaching.
- 🌀 Each time I will ask you at the end what you will take away, what felt important, what insights you discovered

I agree to be ready to work with you at the agreed time, be open-minded, non-judgemental, focused, considerate and respectful, and undertake any additional preparation that might be necessary in order to work with you effectively. I also undertake to provide support through careful listening, questioning and constructive challenge to assist you in your development.

CANCELLATION OF SESSION

Sometimes a pre-booked session needs to be unavoidably re-scheduled. I would appreciate 24 hours' notice if this is the case.

DURATION AND DATES OF SESSIONS

Sessions cost £120 (with every 6th session free if booked as a block) and will be an hour long via Zoom. In between sessions email support is available. I will usually reply within one working day.

IF YOU FEEL IT ISN'T WORKING

My aim is to be as helpful as I can. If, at any time, you feel that coaching is not meeting your needs, please let know so we can discuss any changes that might be required.

I will assume that you have read, understood and agree to the terms of this contract, and will go over the main points during our first coaching session.

Signed:Anita Hempenius

anitahempenius@gmail.com

07879 276631

ADHD coach at scatterbraincoaching.co.uk

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