

# Coaching ADD with Sharon

## Newsletter

Magic Moments

March 19, 2007

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**Dear Friend,**

ADD coaching can be an important step in working through the issues of attention deficit disorder. Medication can help with focus, but it does not improve issues such as disorganization, time management, forgetfulness and rumination. Coaching helps you through these issues one step at a time to improve your overall quality of life.

Coaching can be a positive component of a multi-modal treatment plan. I am a practicing coach and graduate of the ADD Coach Academy and have a degree in Mental Health Psychology. If you want to explore coaching, contact me.

Read the information below, use it and share it with a friend or family member who may be dealing with the frustrations of ADD. Refer to my web site at [www.coachingaddwithsharon.com](http://www.coachingaddwithsharon.com) for additional information about me and how coaching can help you.

Do you ever think about the times in your life when you were happiest? I am talking about when you felt on top of the world. Where were you? What were you doing? What was happening around you?

This is my ninth newsletter and it is about **Magic Moments** in your life and why they are important. In any coaching practice, helping the client discover how to improve their life is important. ADD coaching uses **magic moments** to help you find your strengths, feel more in control of your life, be more passionate about your life and raise your self-esteem. They give you a place to start learning how to deal more effectively with your attention deficit. Here is how it works.



## Magic Moments



Think about three times in your childhood and/or adulthood when you felt on top of the world. You felt happy, passionate, enthusiastic, capable, in control. You were not afraid to take a risk. Next, ask yourself WHY? . . . and list the reasons why you felt happy, enthusiastic, capable, in control, fulfilled, self-confident, etc. Take as much time as you need to do this.

You may need several days to come up with your top three or, even to come up with as many as three moments. But this really is an exercise worth doing.

After you have your three magic moments and your reasons why they are magic, see what patterns showed up consistently. For example, my three moments all centered around a need to be free and self-sufficient. I eventually came to understand that one of my strengths was being my own boss. It is also important for me to be able to use my intuition to make decisions instead of letting others influence me.

The whole process takes some time and serious thought. But the end result is worth the time and effort. Many people with ADD have no idea where their strengths and talents lie. We often spend so much of our time thinking about what we can't do, (can't get organized, can't get places on time, can't finish projects, can't remember where we put our keys) that we don't stop to think about what we can do well and what we enjoy doing. Generally, what you enjoy *is* what you do well; it *is* where your strengths lie.

Once you have your magic moments and can see a pattern, think about what elements of these moments point toward a strength. Do you see independence, compassion, drive, a physical strength, artistic or musical talent? What you see may be something that leads you to a new and rewarding career or something that you can use recreationally to make your life more fulfilling.

What elements of the strength would you like to create in the present? What are you willing to do to make it a reality? Would you go back to school, change careers, live on a more restricted income to make it happen, seek counseling or coaching?



through it.

If you are looking for a way to positively impact the present, you will take time to do the magic moments exercise. The time it takes is well worth the sacrifice in order to improve your quality of life. **If you do this exercise and it results in the discovery of a strength, creates a new passion in your life, offers a new career opportunity or strengthens your self-esteem, I would love to hear about it.** *If you need help with this exercise, I can coach you*

***"Don't Let What You Can't Do Get In The Way Of What You Can"***

*Getting Help*

Coaching is a non-judgmental partnership that focuses on guiding you toward actions to improve the quality of your life. Sessions begin with what the client feels is their biggest challenge and works toward discovering strengths and talents and creating strategies for change. If you are ready to improve your life, I can help. Visit my web site [www.coachingaddwithsharon.com](http://www.coachingaddwithsharon.com) or email me at [sharonh75@optonline.net](mailto:sharonh75@optonline.net).

*I'm Interested in Hearing From You!*

As part of my bi-weekly newsletter, I would like to know if you have questions or experiences to share. Other readers can benefit from answers to the questions or situations you have successfully dealt with. Please e-mail me at [sharonh75@optonline.net](mailto:sharonh75@optonline.net) and I will try to include your questions and/or situations anonymously in future newsletters.

Sharon Howell

*Sharon Howell*

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### *Quick Links...*

- [More About Us](#)
- [CHADD \(Children with Attention Deficit Disorder\)](#)
- [ADDA \(Attention Deficit Disorder Association\)](#)
- [CACLD \(CT Association for Children & Adults w/Learning Disabilities\)](#)
- [Dr. Daniel Amen and the Amen Clinics](#)

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