

# Coaching ADD with Sharon

Newsletter #27

Executive Function

December 4, 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. 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 have real trouble getting organized, getting places on time or planning ahead? Do you also have difficulty controlling impulses, analyzing situations, keeping multiple facts in your head at one time? If so, you are experiencing the problems of **Executive Function** that are so common with attention deficit disorder.



## Executive Function

Executive Function is usually described as the ability to organize, plan and manage your time effectively. But it also includes the ability to self-monitor, control impulses, analyze things and situations compare current and past events and have a good working memory. (The ability to keep multiple facts in your mind and use them at one time.)



If your daily routine is constantly interrupted by difficulty with any or all of the above tasks, chances are you are working harder than you need to and you may have attention deficit disorder. The lack of executive function is probably the biggest problem plaguing most ADDers because it encompasses so many aspects of daily living. If you can't get to work on time, forget important papers at home, can't plan your day efficiently, lose things frequently, don't contribute effectively in meetings and lose your temper because of it, chances are your job is frustrating you and may be in jeopardy. If your kids are late for the bus because you forgot to pack their lunch, you left your grocery list at home, forgot about your dentist appointment and were late picking the kids up from soccer practice, chances are you are not in a good mood, feel hassled, and snapped at your kids for making too much noise. These scenarios occur daily in the lives of people with ADD. It is frustrating, tiring, time

wasting and unnecessary.

How can you stop this daily process? If you have these issues and have not been diagnosed, you might want to do so. If you know you have ADD and are still running this daily marathon, there are some things you can do to make life easier:

1. Slow down-you make more mistakes when you try to make up for lost time by hurrying.
2. Allow more time for tasks. If you track all that you do (and I know no one is going to do that) you would find that most things take at least 50% longer than we think they should. The frustration of never finishing your daily "to do" list never ends.
3. Create systems that unclutter your life - have a place to hang your car keys just inside the door, stack everything you need to take with you tomorrow on the counter near the door, plan what you are wearing to work or school the night before.
4. Get enough sleep, exercise, eat protein.
5. Seek therapy - a coach can help you work on the process of organizing and de-stressing your life by walking you through each of the issues you have and helping you to design ways to simplify your life.

Learning to improve your executive function is not an easy process, but the rewards can be significant. If you are ready to commit to change, you will need help to deal with it. If anyone has any questions on this subject, I would be happy to answer them.

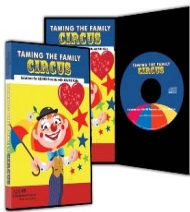
***"Don't Let What You Can't Do Get In The Way Of What You Can"***

## *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).

If you have missed any of my newsletters or want to refer back to them, they are on my website.

## *Taming the Family Circus*



If you are looking for ideas on how to control the chaos in your ADD home, I encourage you to purchase a copy of Taming the Family Circus. This CD is primarily for ADD parents of ADD children looking for ways to improve family dynamics. This CD gives you my 3 basic steps for turning chaos into calm. Click here to learn more about - [Taming the Family Circus](#).

Sharon Howell

*Sharon Howell*

## 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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