

Coaching ADD with Sharon

Newsletter #29

ADD Management for Women - Part 1

January 24, 2008

in this issue

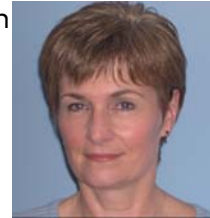
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Dear Friend,

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 for

Do you find it difficult dealing with the challenges of being a woman with ADD? Is balancing a home, marriage, family and career overwhelming? There are several things you can do to better manage your life and make it more ADD-friendly. Coaching is certainly one of the best ways to help you learn to improve daily functioning. Here are a few ideas for getting started.



ADD Management for Women - Part 1

Join or form a support group for women with ADD. It can take time and effort to break out of the mold of expectations that society places on us. A support group of women who are dealing with like issues is the best way to develop more realistic expectations and develop strategies for dealing with your difficulties.



find solutions.

Educate family members about ADD. A husband may resent and misinterpret the difficulties ADD brings to the household. Parents and friends may be sending judgmental messages of "shoulds" and "have to's" that erode your self-esteem and create undue pressure on your daily life. Start educating those in your world about the impact of ADD on you and about your efforts to take charge of your challenges. Once they understand the impact it has on your life, you can work together to

Create an ADD-friendly household. This means a low-maintenance, convenient, stress-reduced home. Purchase furnishings that are easy to care for. Have easy and convenient places to put keys (close to the door) coats, backpacks, etc. Chores can be assigned to all family members by preference and ability, recognizing that Mom can't do it all. Regularly scheduled "clean-outs" with the whole family involved can also reduce the clutter that creeps in and creates chaos.

The next newsletter will have more ideas for ADD Management for women. If the ideas above sound good, but you are not sure where to start, coaching can really get you started on the right foot to simplify your life and your home.

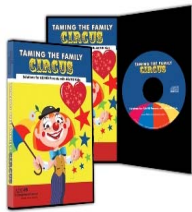
"Don't Let What You Can't Do Get In The Way Of What You Can"

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 or email me at 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

A handwritten signature in black ink that reads 'Sharon Howell'. The signature is written in a cursive, flowing style.

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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