

Coaching ADD with Sharon

Newsletter #12

Strengths and Talents

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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 additional information about me and how coaching can help you.

People with attention deficit disorder are creative people. Unfortunately, they are not always aware of this fact, because they deal with feelings and frustrations that get in the way of recognizing their strengths and talents. Uncovering these strengths and talents can lead to a more satisfactory life and increased self-esteem.

Strengths and Talents can often be overlooked when a person with attention deficit is immersed in problems with their executive functions, focus, stress management, boundary issues, rumination and any other issue that takes time out of the day. People with attention deficit are very creative and talented individuals. Sometimes we do not recognize these talents and strengths, especially when dealing with the self-esteem issues that come with the daily frustrations and failures and often criticism from others who do not understand.



Strengths and Talents



The definition of a **talent** is a mental or physical aptitude, a natural ability or a recurring pattern of success. The definition of a **strength** is having power of the intellect, energy, effectiveness (ability to put your talents into practice).

So let's take a look at the information you need in order to identify your strengths and talents. Remember, a coach can help you to uncover your talents and strengths and

help you put them to good use in your daily life.

1. Passion - A passion or deep desire to spend time doing something. You are motivated to do it and you never have a problem paying attention to the task. It is something that you just really like to do.

2. Excellence - It stands out consistently and is often unique to you. You have no fear of the challenge of having to perform it well.

3. Consistency - You are able to consistently and naturally use the skill and achieve the desired result in a variety of situations.

4. Satisfaction - You consistently experience a sense of accomplishment and pleasure when performing the skill.

5. Fast Learning - You process information related to the task or goal quickly and easily. The skill becomes second nature and becomes a path to your creativity.



Are there things in your life that fit these characteristics? If nothing comes to mind immediately, take time each day to pay more attention to what you like to do. What is easy for you to do? What are you naturally drawn to? You may be surprised at how many things you enjoy that you never realized could be considered a strength or talent. Then think about how you can put these strengths to use in your life to improve your productivity and your self-esteem. I hope you are impressed by the difference it can make. Need help with this exercise? Call me.

"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.

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 and I will try to include your questions and/or situations anonymously in future newsletters.

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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