

## Your Guide to Choosing the Right Coach

A well-trained coach will encourage the prospective client/student to consider all the aspects of coaching before making a commitment. Coaching is not a quick fix and it is not a process that changes people overnight. After the coach and client identify goals and establish a coaching plan, it takes a minimum of 3 months to build habits and change behavior. We recommend a 6 – 12 month commitment to coaching.

Coach training programs are offered worldwide in a variety of formats and coaching models. It is valuable for the prospective client to seek out a coach who has both life coach training (non-ADHD specific) and ADHD coach training. JST Coaching & Training has first and the only research-based student coach training in the world and our graduates have the skills and the tools to provide quality coaching to all students including those with ADHD and executive functioning challenges.

Before interviewing a prospective coach, clients should assess their needs or the needs of your student. Provide a brief overview of the situation and specific goals for coaching when possible.

- Do you prefer face-to-face coaching sessions? If so, look for a coach who is nearby or within driving distance who offers one-on-one sessions. Many coaches conduct the initial session in person, and follow up with weekly coaching sessions by phone, Skype or Facetime.
- Is Skype video-conferencing an option if face-to-face sessions are not possible?
- Is the gender of the coach important? Would you prefer to be coached by a man or woman? Parents – please let your student make this decision.
- Are you looking for someone with a specific expertise—clutter management, family issues, academic-related challenges, business or life balance?
- How important is a sense of humor? Would a serious approach make a better match?
- What is of specific importance to you or your student?
- Parents, are you ready to step back and allow the coach to work directly with your student?

When interviewing a coach, a client should determine the professional's involvement in and the commitment to continuing education in the field of general coaching and ADHD coaching. Because coaching is a developing field, coaches need to continue their education in order to keep their skills sharp.

A few questions to consider asking the prospective coach:

- What coach training courses has the coach completed, and when?
- How many clients with ADHD, EF and/or LD has the professional coached?
- What is the level of experience coaching students in the same age range as your child?
- How long has the coach been providing ADHD specific coaching services?
- For coaches in training, do they have a mentor to support them with client issues?
- What is the age range of your current and past clients?
- What are your professional coaching and ADHD affiliations, memberships, and credentials?

A client should interview at least two prospective coaches and ask about experience, training, client references, and affiliation with ADHD centered organizations and coaching organizations. In addition, a client should ask for referrals from allied professionals—therapists, psychiatrists, and responsible organizations that regularly offer services to people with ADHD/EF/LD.

For student coaches, parents often conduct the first interview, after which time the student needs to interview the coach directly to ascertain if the coach is a good match. It is up to the consumer to research the coaches' training and background. Below are some organizations that list directories of coaches.

**ADHD Coaches Organization (ACO)** [www.adhdcoaches.org](http://www.adhdcoaches.org)

**Center for Credentialing and Education** [www.cce-global.org](http://www.cce-global.org)

**Edge Foundation** [www.edgefoundation.org](http://www.edgefoundation.org)

**International Coaching Federation (ICF)** [www.coachfederation.org](http://www.coachfederation.org)

**JST Coaching & Training** [www.jstcoaching.com](http://www.jstcoaching.com)

Training in executive functioning (EF) issues and learning disabilities (LD) is not required for coaches. However, since there is a 30-50% overlap between ADHD, EF and LD, most ADHD coach training programs cover EF and LD issues in addition to other co-existing conditions. Many ADHD coaches have an educational background and training in learning disabilities and special education, but again, this is not a requirement for ADHD coaches.

For details on requirements for coaching certification options currently available, please go to the following websites for details:

International Coach Federation [www.coachfederation.org](http://www.coachfederation.org)

Center for Credentialing and Education [www.cce-global.org/bcc](http://www.cce-global.org/bcc)