



I Help Adults with Attention Deficit Disorder Decrease Stress and Increase Focus and Follow Through.

Are you disorganized?

Do you have trouble finishing what you start?

Do you recognize the positive characteristics of having ADD?

Do you want a customized solution to dealing with your ADD?

ADDCoach4u offers customized coaching solutions for adults with ADD.

Some Benefits of ADD Coaching

- Increase focus and organization.
- Follow through more frequently, and finish faster.
- Reach your goals quicker with fewer struggles.
- Reduce feelings of being overwhelmed and build self-confidence.
- Gain support and encouragement, resulting in more internal motivation.
- Recognize, appreciate and build on your strengths.
- Work with someone who understands ADD because they've lived it.

What the Experts Say about Coaching for People with ADD

“Coaching is the single most effective tool in A.D.D. self-management.”

Edward M. Hallowell, M.D Harvard Medical School. Author of Driven to Distraction & Answers to Distraction

“Coaching, it turns out, is one of the most powerful and effective ways for people with ADHD to achieve success.”

Thom Hartmann. Writer of 7 books on ADD

Sign up for Pete's upcoming electronic newsletter on news and tips for Adults with ADD at www.addcoach4u.com

How People Describe Pete's Coaching

" Pete is simply an outstanding coach. I left each of our calls encouraged and challenged for the next week. He has a keen ability to listen, an intuitive sense for knowing just what question to ask, and a way of getting you to talk about important issues without making it seem like a big deal. I especially admire how Pete took my complicated situations or explanations and turned them into solvable problems. Anyone, but especially creative individuals, ought to be able to benefit directly from Pete's coaching."

Dave Lloyd

I have had the opportunity to be coached by Pete Quily and would strongly recommend any one considering this, proceed ahead immediately with Pete. After discovering that I was challenged with ADD, Pete's coaching has been one of the ongoing parts of my life that has made a dramatic difference in learning how to deal with and overcome ADD. Pete's coaching also offers great life skills and would benefit anyone, whether they are challenged by ADD or not."

Jeff Hamilton

"My life had been spiralling out of control for as long as I can remember, and no amount of counselling or psychology seemed to be able to put me on track; that is until I found Pete!! Coaching with Pete has made all the difference to my life, he has helped me to find: the confidence I lacked, organization in my life, a job, a greater understanding of my A.D.D. and how to manage the negative aspects of this disorder as well as promoting the positive attributes it brings. In no time I saw the results and benefits from my coaching sessions with Pete, I have gone from being depressed and unproductive in my life, to being successful and thrilled to be me! I could never give enough accolades to attest to Pete's abilities as a coach, but I can strongly say that I could not have accomplished what I have in the last 6 months of my life without him, and I know beyond a doubt that any future difficulties I face Pete will help me to manage and overcome them."

Abigail H.

Who is Pete Quily?

Pete has ADD but wasn't diagnosed until his early 30's because he did well in school and University. While getting out of a toxic job, he was fortunate enough to receive coaching, which changed his life forever. He was so impressed with coaching, he became a coach to help other people like himself, adults with ADD. In former careers, Pete worked on developing his listening and questioning skills, as an ESL teacher in Japan and in Vancouver, and selling Apple computer solutions.

Pete was trained as a Co-Active Coach at The Coaches Training Institute. He completed Linda Anderson's Advanced ADHD Coach Training. **Visit his 100 page + ADD resource website & adult ADD blog.**

- Leader Vancouver Adult ADD Support Group
- Board Member CHADD (Children and Adults with Attention Deficit Disorder)
- Member ADDA (Attention Deficit Disorder Association)
- Member The International Coaches Federation
- Member the Vancouver Chapter of the Co-Active Coaches

Test Drive Coaching for Free!

Call Pete at 604-263-6997 to see if you qualify for a free 30 minute sample session of coaching.

Pete coaches over the phone, so you can receive coaching wherever you live.

www.addcoach4u.com www.adultaddstrengths.com pete@addcoach4u.com Ph: 604-263-6997