



Are you disorganized?

Do you have trouble finishing what you start?

Do you recognize the positive characteristics of having ADHD?

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

**I Help Adults with ADHD learn how to manage ADHD more effectively & develop the gifts of the condition**

## **Some Benefits of Adult ADHD Coaching**

- Increase focus and organization.
- Follow through more frequently, and finish faster.
- Reach your goals quicker with fewer struggles.
- Reduce feelings of being overloaded & overwhelmed and build self-confidence.
- Gain support and encouragement, resulting in more internal motivation.
- Recognize, appreciate and build on your strengths.
- Learn to decrease your stress, and increase your peace of mind.
- Work with someone who understands ADHD because they have ADHD.

## **What the Experts Say about Coaching for People with ADHD**

“Coaching is the single most effective tool in ADD self-management.” *Dr. Edward M. Hallowell, M.D.*

“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 ADHD*

## **Test Drive Adult ADHD Coaching!**

Call Pete at 604-263-6997 to book your complimentary 30 minute coaching session to find out if coaching is the next best step for you.

## How People Describe Pete's Coaching

"Having Pete as an ADHD Coach is an excellent experience that I would highly recommend. **I was able to implement better listening skills, developed better organizational skills (e.g., my desk at work is not cluttered as I write), significantly decrease the frequency of interrupting others** and I have worked on becoming more respectful of others when receiving feedback instead of becoming defensive or argumentative. Overall, I would highly encourage any ADHD coaching skeptics to give coaching a try and I believe it will make a positive impact on your overall physical, mental and spiritual well being."

*Brian N.*

"I derive great value from the insight and suggestions of my life coach, Pete Quily. The money I pay is well worth it. **Working with him has helped me align my life and get my business seriously on track. I am realizing my full potential.** Something I've always dreamed of but never seemed able to achieve. Pete is intelligent, supportive, firm and provides the type of structure I need to be successful in my daily life. The time span between thought and completed action grows smaller each month I work with Pete. If you ever wondered how other people get stuff done and you feel like you're drowning, ask Pete to be your life coach."

*Adria Richards*

**"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.

*Abigail H.*

## Who is Pete Quily?

Pete has ADHD 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 ADHD. 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.

- Leader Vancouver Adult ADD Support Group
- Board Member CHADD (Children and Adults with Attention Deficit Disorder)

**Visit his 130 page + ADHD resource website [www.addcoach4u.com](http://www.addcoach4u.com) & Adult ADHD blog [www.adultaddstrengths.com](http://www.adultaddstrengths.com)**

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

[addcoach4u.com](http://addcoach4u.com) [adultaddstrengths.com](http://adultaddstrengths.com) Twitter: @petequily Email: [pete@addcoach4u.com](mailto:pete@addcoach4u.com) Ph: 604-263-6997