

# Recognizing and Supporting the ADHD Client

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 Beyond the Bell Curve

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**Attention Deficit/Hyperactive Disorder (ADHD)  
is a neurodevelopmental disorder  
of impaired self-regulation.**

**It affects 5-8% of the population.**

**It's estimated that 85% remain undiagnosed  
or incorrectly diagnosed.**

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# 3 kinds of ADHD

1. **Predominantly Hyperactive/ Impulsive ADHD**
2. **Predominantly Inattentive ADHD**  
lack of focus and attention are the primary symptoms, not hyperactivity
3. **Combined Type ADHD**  
when inattention, hyperactivity, and impulsivity go hand-in-hand

# Why ADHD seems confusing

Hyperactivity

Inattention

Impulsivity

Hidden beneath the surface  
(the not-so-obvious behaviors)

Neurotransmitter Deficits  
impact behavior

Weak executive functions

Impaired sense of time

Sleep disturbances

30% developmental delay

Not learning easily from  
rewards & punishment

Co-existing conditions  
(66% have at least one  
other condition)

Serious learning problems

Low frustration tolerance

[www.chrisdendy.com](http://www.chrisdendy.com)

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Having ADD (or ADHD) makes life paradoxical.

You can super-focus sometimes,  
but also space out when you least mean to.

You can radiate confidence  
and also feel as insecure as a cat in a kennel.

You can perform at the highest level,  
feeling incompetent as you do so.

You can be loved by so many  
but feel nobody really likes you.

You can absolutely, totally, intend to do something,  
then forget to do it.

You can have the greatest ideas in the world  
but feel you can't accomplish a thing.

Dr. Edward M. Hallowell

Author, *Delivered from Distraction*

**You have a  
turbo-charged  
mind — like a  
Ferrari engine —  
but the brakes  
of a bicycle.**

Executive Skills: the management systems of the brain + indicators to watch for

Response Inhibition

Task Initiation

Time Mgmt

Organization

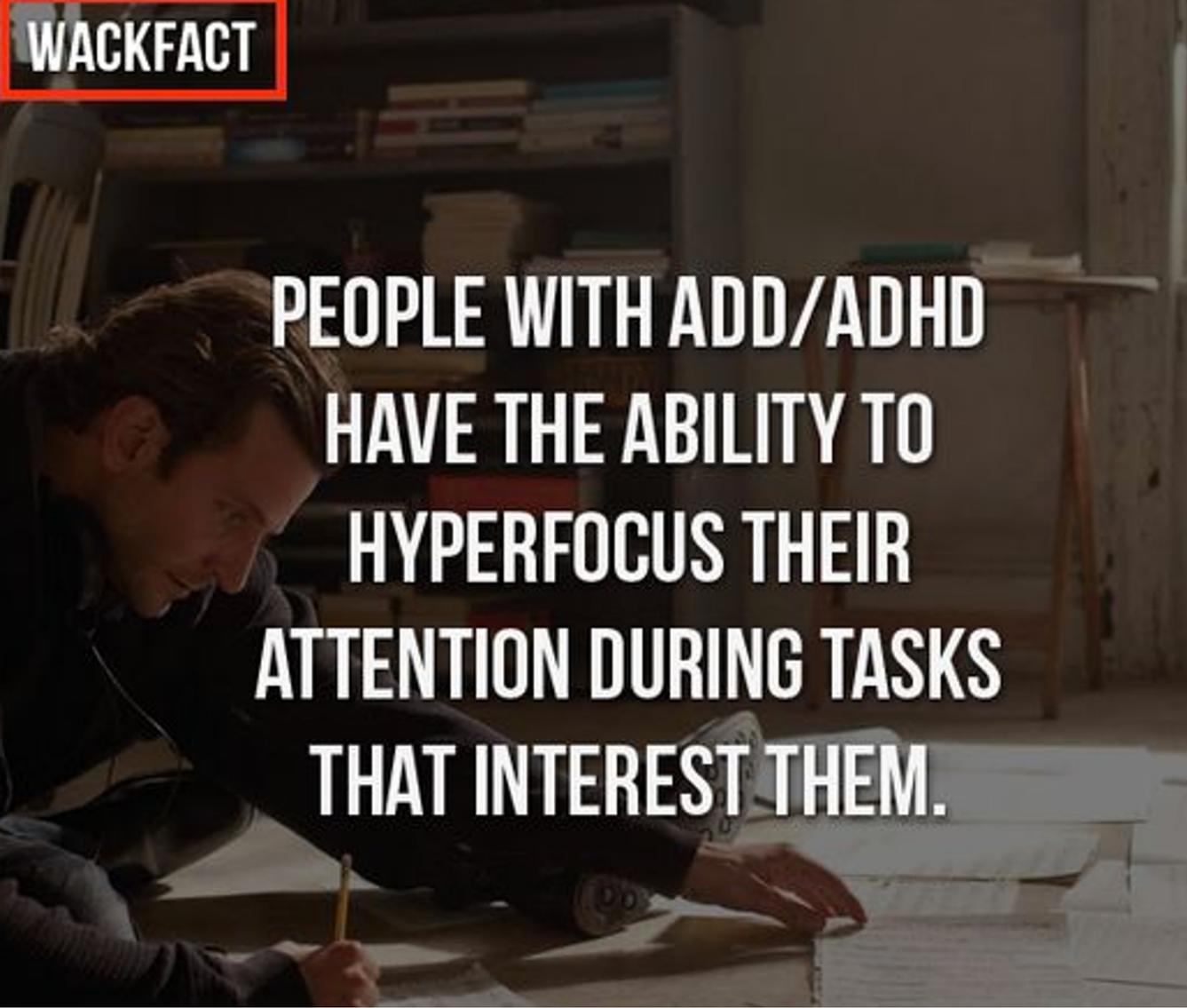
Planning/Prioritization

Working Memory

Emotional Control

Flexibility

Sustained Attention



**PEOPLE WITH ADD/ADHD  
HAVE THE ABILITY TO  
HYPERFOCUS THEIR  
ATTENTION DURING TASKS  
THAT INTEREST THEM.**



This brain must be interested.  
Things need to...sparkle.

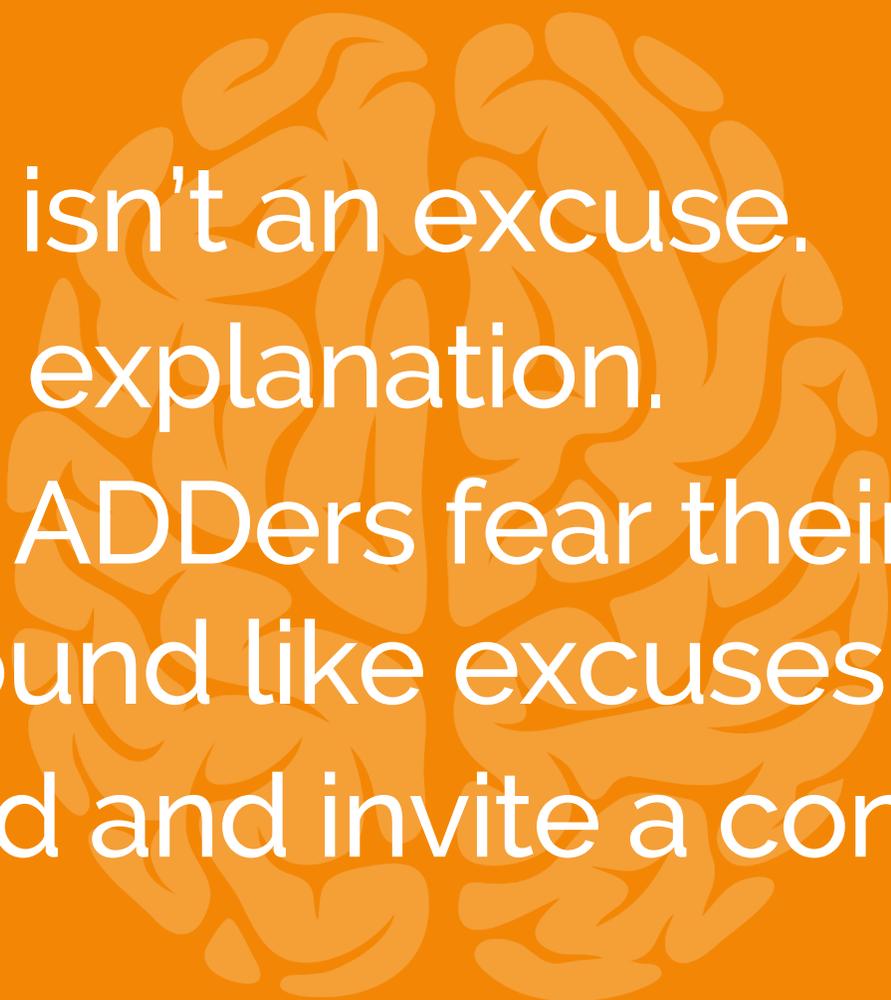


## Excavating the treasure . . .

- VIA Character Strengths-how are these relevant?
- “Magical Me Moments”
- Client Processing Styles specific to the task
- Optimum brain times
- Desire & Rewards

Things need to...sparkle

ADDers *thrive* when able to **pause** and  
**pay attention** to *what we're paying  
attention to, so that...*  
*we can* reflect and discern our best  
choices/actions right now,  
for an improved outcome and quality of life  
later.



ADHD isn't an excuse.  
It is an explanation.  
Often, ADDers fear their explanations  
just sound like excuses,  
Be kind and invite a conversation

Thank you  
for joining me today.

Sherri Cannon

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“If you are  
always  
trying  
to be normal  
you will  
never know  
how amazing  
you can  
be,”

Maya Angelou

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