

ADHD Coaching

Dr Hallowell famously describes the ADHD brain as being “like a Ferrari race-car engine”. He explains it “is very powerful” and “with the right care, you will win many races in your life” ... “but there is one problem. You have bicycle brakes. Your brakes are not strong enough to control the powerful brain you’ve got. So, sometimes, you race past places where you mean to stop, or you ignore instructions you mean to hear.” Your ADHD Brain is a Ferrari – Dr. Hallowell

ADHD coaching strategies can help to strengthen those bicycle brakes so a child can use their powerful brain to win their races.

