

## Client Case Study

From Overwhelmed to Organized – Thriving with ADHD Coaching  
5 Months of Coaching • Personalized Strategies • Real Results

### Background

A professional working in a high-pressure hospital environment sought ADHD coaching to better manage workload, improve communication, and build resilience during a time of organizational change.

### Challenges included:

- Task prioritization and follow-through
- Workplace communication and self-advocacy
- Managing fatigue and fluctuating energy
- Navigating feedback and emotional regulation

### Coaching Focus

#### Together, Coach and Client targeted:

- ✓ Task initiation and prioritization using the Eisenhower Matrix
- ✓ Focus and productivity through the Pomodoro Technique and environmental tweaks
- ✓ Assertive communication and disclosure strategies for workplace accommodations
- ✓ Emotional resilience in response to feedback and shifting expectations
- ✓ Sustainable self-management systems for lasting success

### Results at a Glance

#### **Boosted Productivity:**

Client consistently prioritized tasks, met more deadlines, and reduced last-minute stress.

#### **Stronger Focus:**

Client used structured breaks and workspace changes to maintain attention throughout the day.

#### **Workplace Advocacy:**

Client confidently requested accommodations like meeting debriefs and clearer task lists, supporting better performance.

#### **Resilience & Self-Trust:**

Client shifted from emotional reactivity to objectivity when receiving feedback, boosting confidence.

#### **Long-Term Systems:**

Client built sustainable habits around time management, energy awareness, and self-check-ins – key to thriving beyond coaching.

### Impact

Through consistent coaching and personalized strategies, the Client transformed their approach to work and self-management. Today, they are navigating professional demands with clarity, confidence, and a toolkit built for the long game.