

Addendum A: What Works with ADD Clients Page 1
Strategies for Working with ADD Clients by Phone (NSGCD www.nsgcd.org)
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1) Empowerment: encourage them to state their intentions and agenda of what they want to create by getting, being and staying more organized.

2) Safety: give them a safe place to get their focus back when they have failed to meet their goals, free of judgment, with lots of love from your heart.

3) Understanding: Give them unconditional acceptance that it is okay to need reminders of any kind and that it is okay to do things “differently.” ADDers often have success with doing the “unconventional” or by taking unconventional approaches to doing things.

4) Reassurance: reassure them that you are there to address what is going on and that is what matters the most; focus on them, not the ADD.

5) Support: Commend their successes, especially during bouts of “success amnesia.” ADDers may often have a strong inner critic.

6) Fun: Provide ways to make a difficult task fun, novel or juicy to promote focus and motivation

7) Consistency: Provide A consistent frame of reference. A consistent Coach/PO who has their best interest at heart is very stabilizing!

8) Boundary setting: ADDers are very sensitive people. They can be easily overtaken by other people’s energy since they are like mini-antennas or receptors of information (whether they are aware of this or not). Most likely, the more tuned out they are, the more they are over-stimulated on some level.

When they have accidentally sponged up the information in their environments, they may have a hard time distinguishing their experience from the person next to them. For example: if they were doing great, and all of a sudden they felt “weird” after an experience with a coworker, you might ask them “who does this belong to?” They may have accidentally picked up their coworker’s “weird” mood.

This is where the importance of having personal space needs to be stressed and emphasized. ***Work with them to say “no” consciously (without guilt) and to be clear on what they are saying “yes” to handling.***