

## **Problems I help my ADHD coaching clients solve:**

- Overpromising and under delivering
- Starting tasks on time and finishing them on time
- Learning how to prioritize & attack my daily work load
- Being more attentive and considerate to my wife and family
- Improving my communication and relationship skills with my girlfriend
- Dealing with procrastinating on boring or uncomfortable work that is critical to my business' success
- Effectively scheduling my time
- Committing and finishing a project in a realistic period of time with understanding and balance
- Learning conscious ways to manage my distractibility
- Achieving success with my daily to do list more often

## **Do you have some of these ADHD related problems?**

## **Results my ADHD coaching clients get**

"I may never be able to properly express my thankfulness to you. You have helped me understand myself and my brain. I have learned so much about brain wiring and how to manage my under stimulated brain.

I feel so much more confident in my day-to-day activities. My family has seen a change and my wife is less frustrated with me. I owe that to you, and I appreciate your insights in my life." JM

"We came up with daily strategies, goals and commitments that have helped immensely.

Pete is articulate and very wise, and for someone that's motivated and committed to change, Pete will come up with strategies to change old self defeating behaviours, habits and ways of thinking that can help to lead a more positive, less stressful, and satisfying life." RB

"Pete Quily is an excellent coach with fantastic communication skills. He is a compassionate listener and an assertive communicator.

I've struggled with ADD for years and I found Pete to be far more helpful than anything else I have tried." S.G.

## **Who is Pete Quily?**

I have ADHD and was trained as a Co-Active Coach at the Coaches Training Institute and through Linda Anderson's Advanced ADHD Coach Training.

I've been coaching adults with ADHD since 2003.

I keep current in the ADHD and coaching fields through continuing education, and regular involvement with the following:

- Vancouver Adult ADD Support Group Founder and Leader
- CHADD Vancouver (Children and Adults with ADD) Board Member
- ADHD Coaches Organization Member
- International Coach Federation Member

## What the Experts Say:

Coaching is the single most effective tool in ADD self-management.

Dr. Edward M. Hallowell, M.D. author of 6 books on ADHD

Coaching, it turns out, is one of the most powerful and effective ways for people with ADHD to achieve success.

Thom Hartmann author of 9 books on ADHD

## Popular Pages on my ADHD Website and Adult ADHD Blog

### 5 Minute Adult ADHD Screener Test (Harvard)

<http://tinyurl.com/pqscreeener>

### Problems I Help My Adult ADHD Coaching Clients Solve

<http://tinyurl.com/pqsolve>

### Results My Adult ADHD Coaching Clients Get

<http://tinyurl.com/pqresults>

### Try A Free Sample Session Of Adult ADHD Coaching

<http://tinyurl.com/pqcoaching>

## Test Drive Coaching For Free!

Call me at 604-263-6997 to see if you qualify for a free 30-minute sample session of coaching.

I coach over the phone, so you can receive coaching wherever you live.



### Pete Quily

#### Adult ADHD Coach

**Email:** [pete@addcoach4u.com](mailto:pete@addcoach4u.com)

**Phone:** 604-263-6997

**Blog:** [www.adultaddstrengths.com](http://www.adultaddstrengths.com)

**Web:** [www.addcoach4u.com](http://www.addcoach4u.com)

**Twitter:** @petequily

**Facebook:** [facebook.com/adultaddstrengths](https://facebook.com/adultaddstrengths)

# Success With ADHD

**Are you disorganized?**

**Do you have trouble finishing what you start?**

**Do you over promise and under deliver too often?**

**Are you aware of the positives of ADHD?**

**Are you ready to learn the skills to manage ADHD more effectively?**

---

## Pete Quily

### Adult ADHD Coach

Improving the professional and personal lives of Adults with ADHD