



**NICOLA
BYWATER**
ADHD COACH

ADHD coaches know ADHD because we live with it, and because we have specialized training and practical experience in managing this neurological condition.

Coaching is a solution-oriented approach that fosters self-awareness, helps to uncover strengths, and cultivates support mechanisms so you, your child or your family can reach your true potential!

Nicola offers both family and one-on-one coaching. She is certified with the ADD Coaching Academy (ADDCA), which is an accredited program with the International Coach Federation (ICF). She has training in ADHD, personal transformation, coaching, executive functions, and family coaching.

Nicola holds a Master's Degree in Geography from the University of Calgary, and has over 15 years of experience in change management. In her free time she enjoys playing soccer, coaching youth sports, gardening, camping, learning to cook new dishes, and walking her dogs. Nicola is a married mother of two, and all members of her family have ADHD.



An ADHD coach works collaboratively with the client to enhance their understanding of ADHD brain functioning, and to implement helpful changes to promote positive outcomes.

CONTACT US:

*Nicola Bywater, B.A. (Hons), M.GIS, AACC
Certified ADHD Coach*

*nicola@mayhemmanagementcoaching.ca
www.mayhemmanagementcoaching.ca
226.339.8025*



**MAYHEM MANAGEMENT
ADHD COACHING**



**TAKE BACK CONTROL
AND TAKE FLIGHT!**

**MAYHEM MANAGEMENT
ADHD COACHING**

CALMING THE CHAOS

FAMILY COACHING

Is your child struggling with:

- routines
- managing their emotions
- being flexible
- putting things away
- waiting their turn?



Are you exhausted and frustrated by the constant chaos in your home?

I can help your family!

Family coaching focuses on getting to know your child's ADHD, and figuring out ways to enhance your child's brain management systems. It is deficiencies in these systems that are at the root of the various ADHD manifestations.



Family coaching is an empowering approach. Parents are armed with knowledge about ADHD, brain management systems (i.e., Executive Functions), as well as techniques to positively impact your child and foster skill development.



HOW I BECAME INTERESTED IN COACHING

My coaching journey began with my family. When our oldest child was diagnosed with ADHD I began researching this condition along with executive functions. My focus was on what we as parents could do to help our son. I quickly realized that there was real value in an individualized *strength and solution* based approach:

- tailored to one's environment and brain,
- promoting a positive energy shift in the home, and
- facilitating transition from a place of struggle to a place of empowerment

I began to notice that with use of this approach *our family dynamic was moving in a positive direction*. The more I learned by helping my own family, the more passionate I became about ADHD coaching. I decided to return to school to deepen my knowledge of this field, and to further develop my skills.

I have taken the knowledge from previous professional roles, time spent working with my family, and what I've learned in my coach certification and have applied it all to helping others impacted by ADHD.

ONE-ON-ONE COACHING

Are you struggling with:

- forgetting things
- catastrophizing
- procrastinating
- inflexibility
- hypersensitivity
- managing your time
- being organized?



Having ADHD can at times feel like being on a roller coaster, and it is often difficult to know where and how to start managing your symptoms!

I can help you with that!

One-on-one coaching focuses on getting to know your unique brain wiring, identifying obstacles and putting together a plan to move you forward in a calmer and more productive way.



Coaching is a practical and empowering approach. It helps by building self-awareness and fostering personal growth so that you are better equipped to handle triggers, navigate obstacles and move forward!

