



“WHATS IN YOUR BANK ACCOUNT?”

Like many who grapple daily with ADHD symptoms, managing time and initiating tasks are often a struggle. Over the years, I find my clients to be very bright and extremely creative people who wish to accomplish their work and home tasks in a timely manner. They sincerely feel and believe they can do it. But their difficulties persist and their struggle continues...

If you are suffering with this issue just recently or if it has been an issue for years, I am going to ask you to look at time through a new lens. We all have the same amount of time per day in our “time bank account. Twenty-four hours every day. Simple. What are some of the common “time overdraft” traits that are encountered?

Hyper focus Although this can be a very positive trait of ADHD with the increased ability to focus and get entrenched in work, hyper focusing can also act as a “time thief.” Those who hyper focus rarely come up for air, lose track of time and ultimately miss other commitments or responsibilities. When you have established those tasks that will lead to a “hyper focusing hijacking of time,” set the timer on your smart phone so to establish a “time boundary.” This “time boundary” will allow for a much-needed break or transition to another obligation or commitment.

Blurry Schedules “Well, I’ll get to it later.” “This should only take me 10 minutes.” “The drive isn’t that long in rush hour traffic.” First, we have to look at time and appreciate how long things really take. I recommend to all my clients suffering with time management issues to take account of where their time is being spent each day. Tracking one typical work day and one “off” day is usually enough to see a pattern. Not only will this bring an increased awareness of where time is being spent, but it will also allow clarity on the length of time each task actually takes each day. I once coached a busy mom of three children who came to me in exasperation regarding her schedule and time management issues. We did an exercise where I asked her to record frequent tasks and estimate how long she thought they took. Since there were five people in her household she reported that grocery shopping was an all too frequent activity and reported to me it took about 30 minutes. In fact, when she completed this exercise and actually accounted for the time, grocery shopping on average took 90 minutes!

Over a period of about three months, my client was armed with a new ability to be proactive and an increased empowerment over her sense of time. She reported feeling less frustrated and an overall reduction of stress. The coaching process allows for a gradual change in habits with frequent check-ins, encouragement and strategies designed specifically for those with ADHD. I have also established a “coaching on demand” program to accommodate busy entrepreneurs, executives or anyone that would like more frequent communication than the traditional one hour appointment. Another option for a “balanced” time bank account.

For a complimentary phone consultation, please call Christine L. Robinson, M.Ed. Certified ADHD Coach/Educational Consultant at 617-842-0634 or Christine@ADDActionCoach.com.

Skype or Face time sessions are also available.
