
Coaching in Chaotic Times

— How can we support ourselves —
and our clients?

Discussion Objective: “Stronger together”



This discussion is:

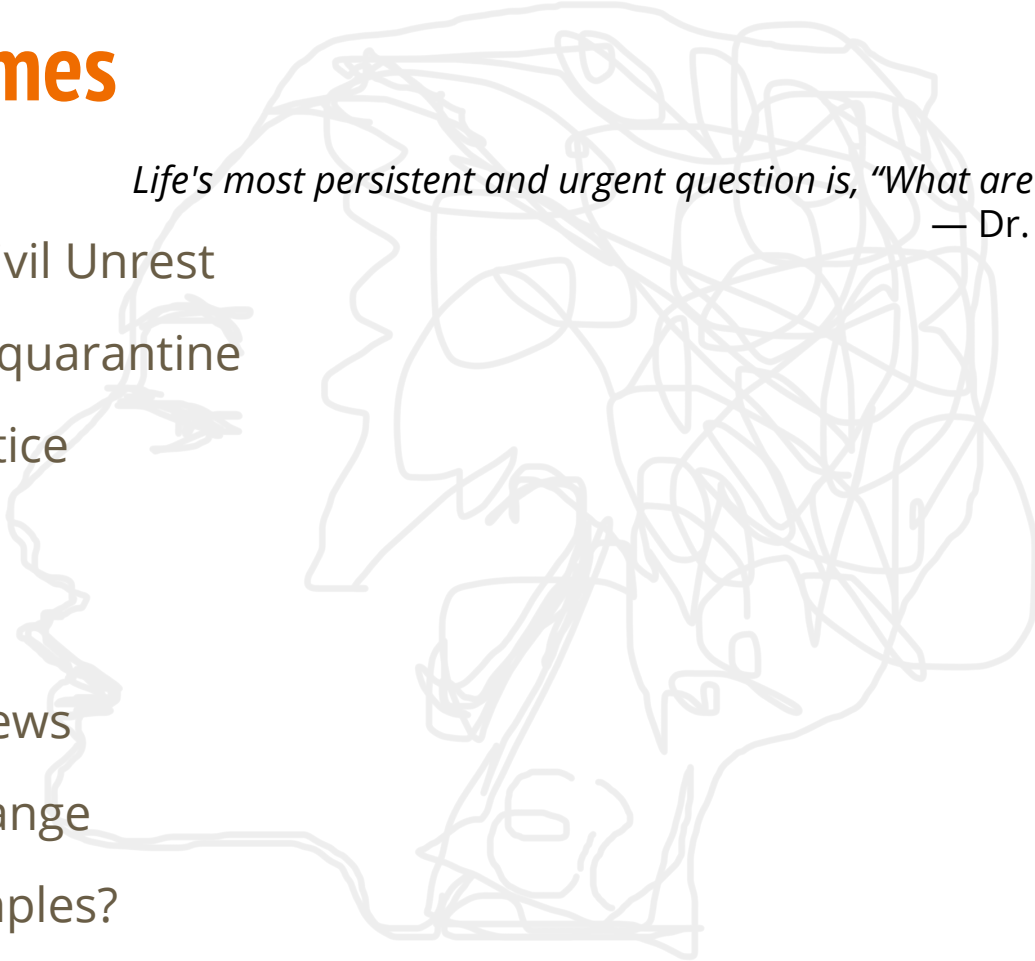
- An opportunity to share challenging coaching situations
- A space where coaches can offer strategies and tools we’re using to support clients
- A safe environment where coaches can hear and support each other so that we can do the same for our clients

This discussion is not a platform to discuss your personal viewpoint on politics, social unrest, global issues, etc.

Chaotic Times

Life's most persistent and urgent question is, "What are you doing for others?"
— Dr. Martin Luther King, Jr.

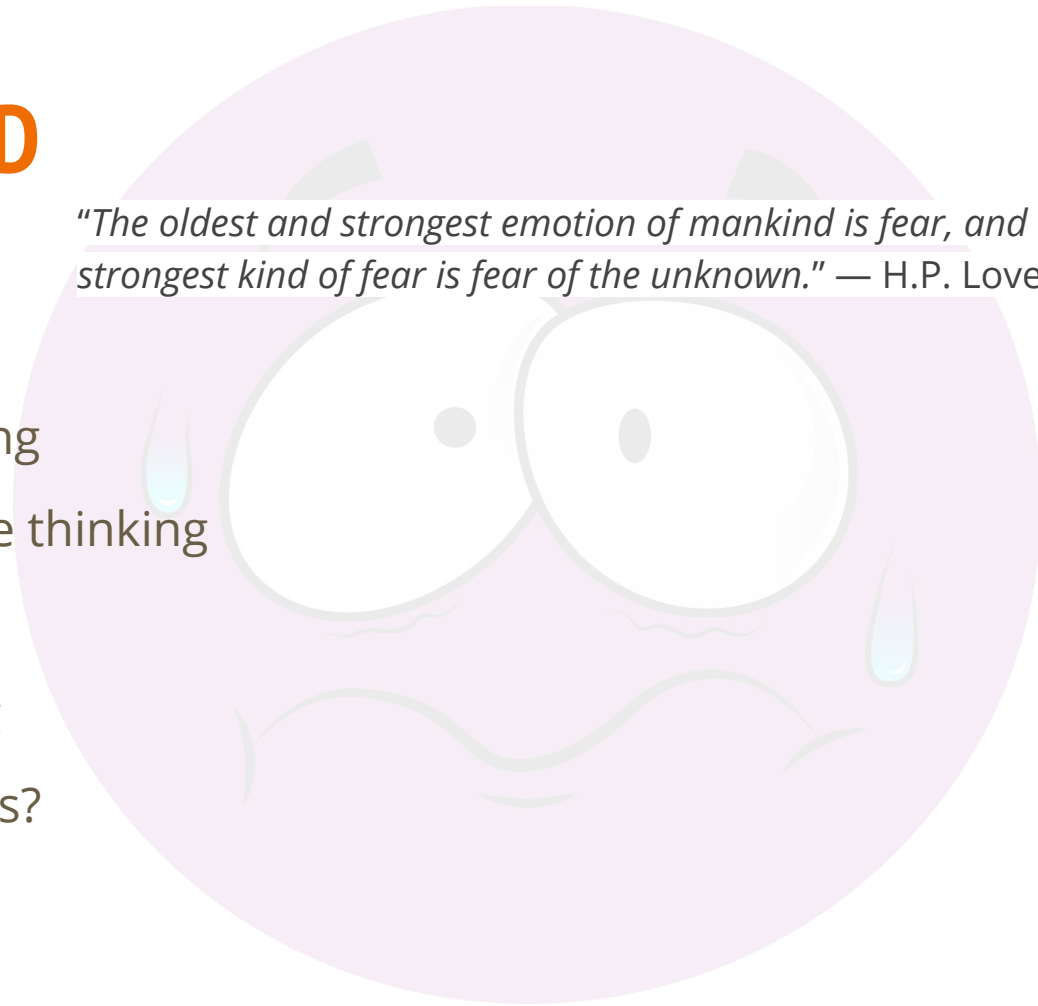
- Riots and Civil Unrest
- COVID and quarantine
- Racial Injustice
- Politics
- LGBTQ+
- Negative News
- Climate Change
- Other Examples?



Fear and ADHD

"The oldest and strongest emotion of mankind is fear, and the oldest and strongest kind of fear is fear of the unknown." — H.P. Lovecraft, author

- Negative thinking
- Black-and-White thinking
- Rumination
- Catastrophizing
- Other Examples?



What Are Our Experiences?

- Challenging coaching situations that have resulted from the chaos clients are experiencing
- Strategies and tools we're using to support clients struggling with current events
- How we're taking care of ourselves right now

Meet Clients Where They Are



What might get in the way?

How are we helping a client work with their barriers to self-care?



Resources for Support

[Coronavirus Anxiety: How to Manage COVID-19 Worry & ADHD](#) by ADHD Editorial Board, ADDitudemag.com

[Guidance for Uncertain Times](#) from CHADD website

[The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals](#) by Lidia Zylowska, MD

[Supporting Clients Through Coronavirus-related Stress](#) posted by Shiri Ben-Arzi, PCC on ICF website