



# SF ADHD COACH

## HOW I COACH

**A core part of our work together is discovering and honoring WHO you truly are.**

Most people don't come to a coach to find out who they really are or have it acknowledged. But this validation is one of the most powerful aspects of coaching and is often the missing link.

Many people, especially those navigating systems not built for their unique brains, bodies, or nervous systems, have been shaped by external expectations of what their lives and careers **should** look like. Without the space to connect to their inner compass, they end up living lives that feel misaligned, empty, or exhausting.

In our work together, we'll prioritize reconnecting you with your sense of self, honoring your lived experience, and celebrating the strengths that have *always* been there—even if the world hasn't always seen them. When you know who you truly are, you can start making choices that feel **right** at the deepest level.



**Together we unearth what you really want.**

In our coaching partnership, we look for the spaces between where you are today and where you want to be. Naming that future isn't always easy, especially when you've spent a lifetime adapting to what others expected of you. Sometimes articulating what you truly want can feel elusive or overwhelming. That's okay.

I'll work with you to gently unearth your ideal life, in your own language and at your own pace. I'll also help you create a strong, clear, true-to-you intention that will pull you forward.



## **Once you identify what you want, we strategize on how to get there.**

When we begin to clarify your vision and it's aligned with who you truly are, we'll work together to brainstorm and co-create strategies to move you forward. I'll coach you to identify and build the internal and external resources you need along the way. Throughout the process, I'll stand with you, fully believing in your goals, your brilliance, and your capacity to navigate challenges. Together, we'll meet obstacles with creativity, resilience, and compassion, finding ways forward that work *for you*.



## **What makes all this work?**

- Powerful, thought-provoking questions that invite you to explore ideas and possibilities you may never have thought about or been asked about before.
- A genuine, unwavering belief in YOU and your capacity to grow and thrive.
- No agenda on my part, except a commitment to fully support your goals, values, and dreams.
- Deep listening and "hearing between the lines" — noticing patterns, emotions, and truths you may not have realized you were expressing, and reflecting them back with care.
- Consistent mirroring of your own words and wisdom, helping you hear yourself more clearly and strengthen your self-trust.
- Gentle but firm challenges to stretch beyond what you might ask of yourself, always at a pace that respects your nervous system and your readiness.
- A knowing that someone is there *with* you—as a thinking partner, advocate, and ally.
- Collaborative strategizing to help you get unstuck, navigate fears, and work through challenges in ways that honor your unique strengths.
- Compassionate noticing of potentially limiting beliefs, internalized ableism, or old stories that might be holding you back; and helping you shift them when you're ready.

# WHAT TO EXPECT

## What you can expect from me:

- That we will invite ease and fun into the work – looking for ways to take the pressure off and reduce overwhelm, so your progress feels more effortless and joyful.
- That everything you choose to share in our coaching partnership will be held with deep care and strict confidentiality.
- That you will have a safe, affirming place to be fully yourself – however that looks on any given day.
- That I will be honest, direct, and compassionate in what I say and how I show up with you.
- That we will consistently look for ways to "clear the decks" in your life, work, and relationships – simplifying and letting go of the things that drain your energy, so you have more spaciousness for what matters most.
- That our coaching time is YOURS, not mine – centered around your needs, your rhythms, and your goals. I'll work with you to figure out how to best use me as a thinking partner, sounding board, strategist, and witness to your growth.



## What I ask from you:

- That you show up for our scheduled calls on time or let me know in advance if something comes up.
- That you arrive with some awareness of your progress, challenges, and any topics you'd like to explore. (Bring a topic or two... or three!)
- That you be direct with me and tell me as soon as you can if something isn't working for you or feels off during a call or in our coaching relationship.
- That you honor our financial agreements in a timely and respectful way.
- That you stay open to new possibilities, both in your vision and your actions.

- That you take action when you're ready and it feels appropriate for you.
- That you tell me if there's something you need more (or less) of from me, so that we can keep tailoring this work to fit you.
- That you share how you best like to be acknowledged, celebrated, and encouraged — so I can support you in ways that feel authentic and empowering.
- That you let me know when something feels stuck, unfinished, or might be holding you back.

With Gratitude,

*Caitlin O'Brient Bauer*

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Founder, SF ADHD Coach