

## ABOUT ME

I am a Mental Health Coordinator, Registered Psychologist, and certified ADHD Coach. A forever student, I eagerly build on my academic foundations in psychology, and stay attune to the latest professional developments in the field of ADHD. My determination to turn information into action has led me to develop a psycho- education support group for students in post-secondary institutions as well create a training for faculty members to learn more about ADHD in order to allow them to better understand and support ADHD students in their classrooms.



BOOK AN  
APPOINTMENT

[wellness.services@keyano.ca](mailto:wellness.services@keyano.ca)

OR CALL

**780.791.8934**

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*The very traits  
that once held  
you back can  
be your greatest  
assets*



## Natali Levasseur

ADHD Life Coach and Registered Psychologist



Remove barriers and  
develop the skills to  
unlock your potential

# COACHING VS THERAPY

- Focuses on the present and future.
- Assist in achieving goals.
- Supports discovery in overcoming daily obstacles or barriers that hold you back.
- Sounding board when exploring options and choices.
- Invites clients to take effective action.

Tackle complex issues.  
Provides a safe setting for an open, honest collaborative partnership.  
Facilitates self-discovery.  
Seeks to empower.

- Explores issues of the past and deep emotional trauma.
- Explores a broad scope of mental health issues.
- Deals with deeper aspects of interpersonal and relational dynamics.
- Sees clients as partners

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**ADHD** coaching addresses the specific needs and aspirations of clients with **ADHD** or who have traits of **ADHD**. Coaching, unlike therapy, looks at the here and now, and well into the future. It is centered around the idea that the individual being coached is already naturally creative, resourceful, and whole. Coaching leverages the present state and seeks to develop a sense of awareness that spurs change, whereas therapy dives into past events and patterns in order to generate future growth.

Studies indicate that **ADHD** coaching contributes to improved functioning in individuals with **ADHD** of all ages and can improve executive function, self-esteem, well-being, and overall quality of life.

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*If you are struggling with mental health challenges, addiction, trauma, depression, or anxiety, or have suicidal thoughts, therapy may be more suitable for you.*

## MY APPROACH

My years of experience working with children, teenagers, and adults with **ADHD** have allowed me to develop an innovative and positive approach to helping clients become the best versions of themselves. Learning how to help my own son thrive with **ADHD** made me examine **ADHD** and all its implications in a different perspective. My passion lies in understanding individuals having recently been diagnosed with **ADHD** or struggling with understanding their diagnosis.

## SERVICES

**ADHD** coaching is a supportive, collaborative, goal-oriented process. As a targeted practice, it seamlessly blends three distinct elements:

- 1 Coaching**  
facilitating actions toward self-awareness and the identification and achievement of self-identified goals, with structure and accountability.
- 2 Skills Coaching**  
collaborating to develop conscious awareness of the client's strengths and challenges and create tailored systems and strategies for success.
- 3 Education**  
providing information on **ADHD** as well as useful tools and resources.

Coaching can also be beneficial for students who don't have an **ADHD** diagnosis, but who want to discover a unique sense of self, learn fundamental life skills, lower stress, and increase their self-esteem. Coaching can help students explore their strengths and core values.