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 postsecondary 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
OR CALL
780.791.8934

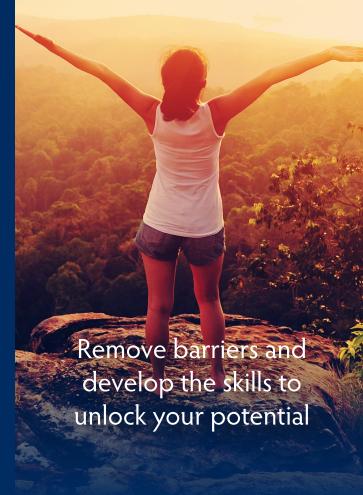


The very traits that once held you back can be your greatest assets



Natali Levasseur

ADHD Life Coach and Registered Psychologist



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 n open, honest
- 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

LIFECOACHHEIDI.COM

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.



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 seamless blends three distinct elements:

- Coaching
 facilitating actions toward selfawareness and the identification
 and achievement of self-identified
 goals, with structure and
 accountability.
- Skills Coaching
 collaborating to develop
 conscious awareness of the
 client's strengths and challenges
 and create tailored systems and
 strategies for success.
- 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.