

uPLifted Series

An Informational Digest of EmpowerM3 by Coach Cindy



ADHD: A Different Gift

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Attention Deficit Hyperactivity Disorder, more commonly shortened to ADHD, is a brain-based difference historically acknowledged since the early 1900s. Throughout history, ADHD has taken on several names. It has been called Hyperkinetic Impulse Disease, Hyperexcitability Syndrome, Clumsy Child Disease, Minimal Brain Dysfunction, Organic Brain Disease, and Attention Deficit Disorder (BetterHelp Editorial Team, 2019). The most current Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DMS-V), categorizes ADHD into three types: hyperactive, inattentive, and combined type. Currently, there is no mention of emotionality in the diagnostic criteria.

According to a National parent survey, the CDC reports ADHD affects about 9.8% of children aged 3 to 17 years of age (CDC, 2022). In the article, ADHD Statistics and Facts in 2023, Wirth shares that an estimated 8.7 million adults in the U.S. have ADHD. Approximately 2.6% (139.8 million) of adults worldwide have persistent ADHD from childhood, which includes individuals who experienced childhood onset paired with continued ADHD symptoms into adulthood (Wirth, 2023).

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ADHD is not a version of normal. It's just a different way of being.



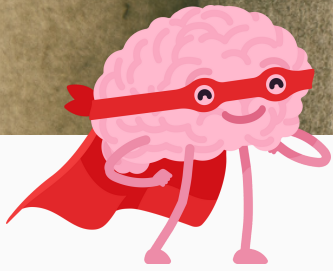
Individuals affected by ADHD often show symptoms that make it harder to focus attention, manage emotions, maintain order, and more. These weaknesses in executive functioning skills are brain-based. It is true the ADHD brain difference presents unique challenges, but from another lens, it also holds the opportunity to sharpen strengths other minds may not have easy access to. Sadly, weaknesses of ADHD hold the spotlight—proof being in the names this disorder has carried through the years and the stigmas harbored within individuals that feel failure to thrive in the neurotypical world.

The depth of doom carried was evident in a client I will call Emma. Emma lit up the screen in our call about three months into our coaching engagement. She shared her gratitude for what she had never seen in herself. Emma felt awakened to her ADHD gifts. Shifts were beginning to happen in her life. Before working together, she felt the heavy burden of her ADHD, believing it was her curse. She could not stay on top of her home duties. She was consistently letting herself down, running late, forgetting things, missing deadlines, failing her loved ones, and worse, hating on herself. Through the coaching process, Emma untethered her negative mindset from her ADHD strengths. She tapped into her creativity and sensitive tendencies to create her ADHD powerplays for success. Slowly, she was able to create structure to support her brain. Through powerful questions, Emma designed her ADHD brain hacks using her gifts to shore up her struggles.



Curious Question: What strength can you harness and use from your differently wired brain?

Strength On Your Side



Too often, ADHDers are swallowed by negative feedback. In an article by ADDitude Magazine, William Dodson, M.D., estimates that children with ADHD receive a full 20,000 more negative messages by age 10, on average (Frye, 2017). Negative feedback from outside forces brews a perfect storm for shame and guilt to cloud any positive attributes from an ADHD brain style. Most of my clients come to me 100% tuned into their weaknesses. They are unable to identify any inner strengths or gifts. No kidding! The "incapable, without, lacking mindset" is the only message that has received consistent attention. They've heard this all their life and now repeat it to themselves. 😞



Identifying your Strengths with ADHD Absolutely ADHD

Recognizing our weaknesses when living with ADHD can often come naturally to us, but there is such a power in identifying our strengths and using that to help us through other situations that we find more difficult.

<https://podcasts.apple.com/us/podcast/identifying-your-strengths-with-adhd/id1645000317?i=1000587904907>

PODCAST

There is absolutely no doubt that ADHD creates hardship. Hardship is precisely what paved the path for me to ADHD Life Coaching. I wanted different for the people I love. I wanted them to see themselves through the lens I saw them in. I could see their great strengths and was infuriated by the outside forces squishing their spirits.

Having an ADHD brain style creates challenges and requires designing daily living differently. I take a strengths approach to coaching. What strengths do you see in yourself or those you know who are affected by ADHD? You may be a parent, caregiver, sibling, friend, or boss touched by ADHD. ADHD difference is around you, and you may not know it. Why? Most people with ADHD hide their symptoms, known as masking. They are hiding because they feel they have to.

What if strengths drew the spotlight instead of all the weaknesses and deficits? The following page highlights twenty-five potential strengths associated with an ADHD brain style. Yes, ADHD presents uniquely to all individuals, and these strengths may vary from person to person. What lies within you?



The task
ahead of
you is never
as greater
than the
strength
within you.

-author
unknown

Take the Strengths Profile assessment to
spotlight your

STRENGTHS



25 POTENTIAL ADHD STRENGTHS

1. **Creativity:** ADHD individuals often have a highly creative and imaginative mindset.
2. **Hyperfocus:** When interested, they can achieve deep concentration and productivity.
3. **Rapid Problem Solving:** Quick thinking can lead to innovative solutions.
4. **High Energy:** A surplus of energy can drive enthusiasm and motivation.
5. **Adaptability:** They can adjust to changing situations and think on their feet.
6. **Resilience:** Overcoming challenges and setbacks builds resilience.
7. **Intuitive Thinking:** Trusting their instincts can lead to sound decisions.
8. **Enthusiasm:** Their excitement can be infectious and motivating to others.
9. **Charisma:** Many with ADHD possess engaging personalities.
10. **Risk-Taking:** A willingness to take risks can lead to entrepreneurial success.
11. **Out-of-the-Box Thinking:** They excel at creative problem-solving.
12. **Observational Skills:** Some have a keen eye for detail and patterns.
13. **Empathy:** High emotional sensitivity can lead to strong empathy.
14. **Multi-Tasking:** Juggling several tasks can be an asset in fast-paced environments.
15. **Persuasive Communication:** They can be effective communicators and influencers.
16. **Playfulness:** A sense of play can foster a fun and creative atmosphere.
17. **Rapid Learning:** ADHD individuals can pick up new skills quickly.
18. **Charitable Nature:** They often exhibit a strong sense of social justice.
19. **Hyper-Awareness:** They notice subtleties and changes in their environment.
20. **Determination:** Persistence can lead to the achievement of long-term goals.
21. **Curiosity:** A natural curiosity can drive exploration and learning.
22. **Entrepreneurial Spirit:** Many start their own businesses and excel in entrepreneurship.
23. **Artistic Talent:** Creativity often translates into artistic skills.
24. **Innovation:** They can drive innovation in various fields.
25. **A Unique Perspective:** ADHD individuals bring a different viewpoint to problem-solving and discussions.

Designing tailored ADHD supports gains momentum when people can see the complete picture of their brain differences. It's important to recognize and celebrate strengths while acknowledging the challenges associated with ADHD. Difference can be a gift when seen through the lens of gift and opportunity. What if you harnessed your strengths to succeed in your life?

HOW TO LEVERAGE ADHD STRENGTHS

Leveraging your strengths can be an ADHD powerplay in managing symptoms. Here are some potential strategies to tap into to help combat ADHD symptoms:

- **Hyperfocus:** Use hyperfocus with tasks or projects that require sustained attention. Identify what helps you to tap into hyperfocus.
- **Creativity:** Use your creative thinking to devise innovative solutions to everyday challenges. Find creative outlets like art, music, or writing to express yourself and reduce stress.
- **Energy and Enthusiasm:** Put your high energy levels and enthusiasm to work by engaging in physical activities, sports, or exercise to help manage restlessness and improve focus.
- **Resilience:** Draw upon your resilience to persevere through setbacks and difficulties. Use past experiences as motivation to overcome obstacles and achieve your goals.
- **Flexibility:** Embrace your adaptability by seeking careers or tasks requiring quick thinking and adaptability. You may thrive in roles where change is frequent.
- **Charisma and Communication Skills:** Use your charismatic personality and effective communication skills to build strong relationships and excel in leadership roles.
- **Hyper-Awareness and Observational Skills:** Use your keen observational skills in tasks requiring attention to detail or noticing subtle changes. This can be beneficial in fields like design, research, or troubleshooting.

HOW TO LEVERAGE ADHD STRENGTHS CONTINUED

- **Determination:** Harness your determination and persistence to set clear goals and break them down into manageable steps. Celebrate small achievements along the way to maintain motivation.
- **Curiosity and Rapid Learning:** Embrace your curiosity and love of learning by engaging in continuing education or exploring new interests and hobbies. This can help keep your mind engaged and focused.
- **Playfulness:** Incorporate a sense of play and fun into your routines to make tasks more engaging and enjoyable. Gamify your tasks or use creative approaches to make work feel less like a chore.
- **Risk-Taking and Entrepreneurial Spirit:** Consider pursuing entrepreneurial endeavors or positions that require calculated risk-taking. Your ability to take chances and try new things can lead to success.
- **Innovation and Out-of-the-Box Thinking:** Contribute fresh ideas and innovative solutions in your workplace. Offer your unique perspective to problem-solving and brainstorming sessions.
- **Empathy and Charitable Nature:** Use your empathy to build solid and supportive relationships with others. Engage in charitable or volunteer work that aligns with your values.

Group Coaching Opportunity for Women with ADHD

SIGN UP!

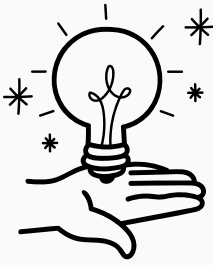
A 6-week Coaching Engagement Starting January 12, 2024

Includes: 6 - 1- hour Group Sessions, Plus 1 - 30-minute Private Coaching Session, and Curated Resources

\$349

LEARN MORE





A STRENGTH-BASED ADHD APPROACH

What Could Life Look Like Using Your ADHD Strengths?

When individuals with ADHD intentionally focus on leveraging their strengths, several positive outcomes can occur. Embracing and utilizing these strengths can increase productivity, improve well-being, and enhance overall functioning. Here are some potential outcomes:

- **Improved Performance in Tasks:** By channeling hyperfocus into tasks that require sustained attention, individuals may experience improved performance and efficiency in their work or daily activities.
- **Increased Creativity and Innovation:** Embracing creativity and out-of-the-box thinking can lead to innovative solutions and ideas, contributing to personal and professional success.
- **Enhanced Motivation and Enthusiasm:** Tapping into high energy levels and enthusiasm can lead to increased motivation to tackle challenges and pursue goals with vigor.
- **Effective Communication and Relationship Building:** Leveraging charisma and strong communication skills can improve relationships personally and professionally. Individuals may become influential leaders and collaborators.
- **Adaptability and Resilience:** Embracing adaptability and resilience can help individuals navigate change and overcome setbacks more effectively, contributing to a more positive outlook.
- **Optimal Use of Observational Skills:** Harnessing keen observational skills can support roles that require attention to detail, problem-solving, or pattern recognition.
- **Strategic Risk-Taking and Entrepreneurship:** A willingness to take calculated risks can lead to entrepreneurial success or success in positions that require bold decision-making.

MORE POTENTIAL RESULTS FROM A STRENGTH-BASED ADHD APPROACH

- **Increased Learning Opportunities:** Rapid learning and a curiosity-driven approach can lead to continuous personal and professional development, opening up new growth opportunities.
- **Positive Impact on Mental Health:** Focusing on strengths can increase self-esteem and a positive self-image, potentially reducing feelings of frustration or inadequacy often associated with ADHD challenges.
- **Creation of Supportive Environments:** Individuals who understand and leverage their strengths may be better equipped to create supportive environments that align with their needs and preferences.
- **Enhanced Problem-Solving Skills:** Out-of-the-box thinking and innovative problem-solving can be valuable assets in addressing challenges and finding effective solutions.
- **Personal Fulfillment and Satisfaction:** Recognizing and using one's strengths can contribute to personal fulfillment and satisfaction, leading to a more positive overall well-being.

It bears saying ADHD management often requires a multifaceted approach, which may include medication, therapy, and lifestyle changes. Recognizing and utilizing your strengths in combination with these strategies can help you navigate the challenges of ADHD with greater ease while thriving in various areas of your life. You know yourself best. Additional support may be necessary. If so, I encourage you to consult a healthcare professional or therapist specializing in ADHD treatment.

You are worthy and ever-full of gifts. May you feel *uPLifted* with a brighter light shining on the ADHD brain difference from a gift standpoint.



Hello

Thank you for joining me. My name is Cynthia North, but people know me as Cindy. I am ACC Certified Life Coach with the ICF as a Certified ADHD Life Coach (CALC) and Certified PQ Coach™ (CPQC) with Positive Intelligence® devoted to partnering with clients to create self-success within ADHD and living life. I work with all ages having a special interest in how the brain affects the outcome. I help ADHDers and stuck people move from crippled in doubt to capable with clarity. I have expanded to offer personalized Mental Fitness Coaching through Shirzad Chamine's Positive Intelligence® Program. New possibilities bloom with deeper self-awareness and through the strength in your mental fitness. I have an innate desire to empower others no matter what difficulties they face with or without ADHD. I believe everyone is worthy of stepping forward out of stuck.

ADHD has touched me personally and professionally.

I know first-hand how ADHD symptoms and behavior can wreak havoc on family dynamics, school, and work success. I chose to become a Certified ADHD Life Coach as well as a member of Positive Intelligence® as a PQ Coach™ because I want others to discover their greatness within ADHD strengths while working with their executive functioning challenges through a positive mindset. I am where I am today because of my two dynamic ADHD children. They both teach me and open my mind to more each day. Their needs were beyond a hug, discipline, structure, or praise. So, I sought professional help, ultimately finding a trained ADHD Life Coach. And here I am serving people who want different and deserve ease and flow.

Life experiences have made way for opportunity. I am on a journey to slay stigmas surrounding brain differences. Finding a Life Coach to empower my child led me to become a Certified ADHD Life Coach myself to serve others past their stuck ways and ADHD stigmas. Choosing to strengthen your inner self is where Empower M3 starts. The work is an inside job where your "M3" begins. Connecting your heart and brain with a Coach creates empowerment opportunities. EmpowerM3 - is where the 3 connect to take flight.



There is a more extraordinary tomorrow when your discovery starts today.

ADHD is not
something you
outgrow. ADHD
is something
you grow with.

— CINDY NORTH,
LIFE COACH AND AUTHOR



Keep learning!

Resources

- BetterHelp Editorial Team. (2019, June). The History Of ADHD From Past To Present | BetterHelp. Betterhelp.com; BetterHelp. <https://www.betterhelp.com/advice/adhd/the-history-of-adhd-from-past-to-present/>
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Disclaimer:

The uPLifted Series is not provided to diagnose or treat Attention Deficit Hyperactivity Disorder or any other mental illness. The information included in each uPLifted Series is offered with the intention of being value-added to the ADHD community and to those who are invested in brain health. This publication is created to start the conversation. This is not a sole source of available information nor intended to be considered so. I am not affiliated with any product suggested in this publication nor do I receive any compensation from the associated businesses or products. Please consult with your medical professionals only using this information as you see fit.

What do you know now?

Notes & Takeaways



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