

How to find an ADHD coach

14 questions to ask your coach before you start.

When you select an Edge coach, you have access to dozens of coaches who are qualified to work with ADHD students to choose from. How do we help you narrow that list down? Here are a few quick highlights:

1. Complete the [sign up form](#)
2. Talk to the Coach Match Maker
3. Interview your prospective coach



It's your turn to ask the questions: the coach interview

Before you agree to working with a coach, you'll have an opportunity to interview him or her. This is your chance to get to know the person a bit and see if she or he feels like a good fit. But what are some of the questions you might want to ask?

Here are a few questions to ask your Coach Match to help determine if they are a good fit for you.

1. How long have you been an ADHD coach?
2. Approximately how many ADD/ADHD clients have you coached?
3. What ADHD coach training and continuing education do you receive?
4. Do you have personal experience with ADD/ADHD? Yourself or your children?
5. What will I be able to expect from you during the coaching relationship?
6. What type of issues can we work on in coaching?
7. What will a coaching session be like?
8. What will you expect from me during our coaching relationship?
9. How will you monitor my progress? How is it evaluated?
10. Do you coach full-time or part-time?
11. What days and times are you available to schedule coaching sessions?
12. Do you use Skype?
13. Why did you become an ADHD coach?
14. What is your basic approach to ADHD coaching?



[Find out](#) more today.

Call 1-888-718-8886 or [email info@edgefoundation](mailto:info@edgefoundation) for more information.

Check out our blog post, [Selecting Your Edge Coach](#), to read more about the coach match process.

Edge Foundation is a nonprofit, 501 (c) 3 organization providing coaches to students with ADHD throughout the United States and Canada.