

Problems I help my ADHD coaching clients solve:

- Overpromising and under delivering
- Starting tasks on time and finishing them on time.
- Learning how to prioritize & attack my daily work load
- Being more attentive and considerate to my wife and family
- Improving my communication and relationship skills with my girlfriend
- Dealing with procrastinating on boring or uncomfortable work that is critical to my business' success
- Effectively scheduling my time
- Committing and finishing a project in a realistic period of time with understanding and balance
- Learning conscious ways to manage my distractibility
- Achieving success with my daily to do list more often

Do you have some of these ADHD related problems?

Results my ADHD coaching clients get

“Through my coaching with Pete, I gained insight to my behaviour, and began to take control of my life back. He gave me achievable tasks to get me on the right track, encouragement, education, and a no nonsense approach to taking responsibility for myself.

Coaching is an investment in 'you', and I would highly recommend Pete Quily for anyone with ADD. He has helped make an enormous difference in my life."
Alexis Whiting

"I've struggled with ADD for years and I found Pete to be far more helpful than anything else I have tried including a wide variety of medications.

He has a broad holistic approach that includes conventional as well as alternative strategies. Pete uses a combination of solid medical research that is well tempered with experience, intuition and kindness.”
S.G.

“I feel so much more confident in my day to day activities. My family has seen a change and my wife is less frustrated with me. I owe that to you, and I appreciate your insights in my life.”
J.M.

Who is Pete Quily?

I have ADHD and was trained as a Co-Active Coach at the Coaches Training Institute and through Linda Anderson's Advanced ADHD Coach Training.

I've been coaching adults with ADHD since 2003.

I keep current in the ADHD and coaching fields through continuing education, and regular involvement with the following:

- Vancouver Adult ADD Support Group Founder and Leader
- CHADD Vancouver (Children and Adults with ADD) Board Member
- International Coach Federation Member

What the Experts Say:

Coaching is the single most effective tool in ADD self-management.

Dr. Edward M. Hallowell, M.D. author of Driven to Distraction

Coaching, it turns out, is one of the most powerful and effective ways for people with ADHD to achieve success.

Thom Hartmann

Popular Pages on my ADHD Website and Adult ADHD Blog

5 Minute Adult ADHD Screener Test (Harvard)

<http://tinyurl.com/pqscreeener>

Problems I Help My Adult ADHD Coaching Clients Solve

<http://tinyurl.com/pqsolve>

Results My Adult ADHD Coaching Clients Get

<http://tinyurl.com/pqresults>

Top 10 Advantages of ADHD In A High Tech Career

<http://tinyurl.com/adhdhightech>

Try a free sample session of Adult ADHD Coaching

<http://tinyurl.com/pqcoaching>

Test Drive Coaching For Free!

Call me at 604-263-6997 to see if you qualify for a free 30-minute sample session of coaching.

I coach over the phone, so you can receive coaching wherever you live.



Pete Quily

Adult ADHD Coach

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Blog 1: adultaddstrengths.com

Blog 2: bcadhd.com

Twitter: [@petequily](https://twitter.com/petequily)

Success With ADHD

Are you disorganized?

Do you have trouble finishing what you start?

Do you over promise and under deliver too often?

Are you aware of the positives of ADHD?

Are you ready to learn the skills to manage ADHD more effectively?

Pete Quily

Adult ADHD Coach

Improving the professional and personal lives of Adults with ADHD since 2003.