

ADD/ADHD Mentoring



As an adult with ADD, Jeff lives life with the first-hand experience of the ups, downs and realities of managing his



life with ADD. Having been tremendously active since 2003 with beating ADD through use of medication at times, working with an ADD Coach, his blog which reaches 100,000 people a month and a published book....he now shares his experience with others. One thing he has always said about himself is, “*I’m not perfect*”. Having ADD and making mistakes in life are all part of a lifetime of experiences.

It is these experiences that have contributed to Jeff’s education and process of self growth which now allow him to proceed at creating a life with purpose and possibility, for himself and other adults with ADHD. Let Jeff’s tools, experiences and passion for winning help you succeed!

How It Works

- Mentoring is done via phone, three 30-minute session a month
- A preparation form is filled out, and that is the basis to the phone session
- During the phone session, topics are discussed and Jeff will assign take-aways or challenges to focus on before the next call.
- These take-aways or challenges will be what is reported back on the next submitted preparation form
- It is the responsibility of the client to call Jeff at the scheduled time of the 30-minute session, which is all part of supporting the management of time, planning and staying focused
- Missed calls are lost, if a new time cannot be scheduled
- Cost is \$250, payable by the first day of the month
- Scheduled phone sessions will not proceed if payment has not been received

“The longer I live, the more I realize the impact of attitude on life. The only thing we can do is play on the one string we have, and that is our attitude ... I am convinced that life is 10% what happens to me, and 90% how I react to it. And so it is with you ... we are in charge of our Attitudes.”

Disclaimer:

Jeff Hamilton is not a doctor. Clients should seek medical advice from a doctor for any consideration or use of medical services or medications