

Neuropsychological research shows us that the brain is flexible in its ability to continuously learn.

**Physical and chemical changes occur in the brain when it is challenged or when new learning takes place.**

Practicing actions helps carve away new neural pathways in the brain, allowing it to develop new competencies and strategies in areas that have been deficient. This is how new habits are learned.

**Coaching paves the pathway for this learning to occur.**

*“Surveys of physicians reflect that general practitioners view their role in the care and treatment of patients who have ADHD (Neurological difficulties) care as largely supportive in nature and involves close liaison with specialist services”. (Shaw, Mitchell, Wagner, & Eastwood, 2002)*

*“Coaching is unlocking a person's potential to maximize their own performance. It is helping them to learn rather than teaching them. Clients say coaches bring out their best by helping them focus, break down tasks and clarify their values.” Fortune Magazine*

*“Tracy has a wealth of knowledge about ADD. She has helped me to understand and given me new perspective on my behaviors and emotions. It helps to know that I am not alone in the world! Tracy is a great listener and motivator. She has given me the nudge I needed to start me on my path.” Tatiana, Lone Tree , CO*



**Tracy Weegmann**

**E.T.A. Coaching**

**Empowerment To Achieve**

*Life & Business Coaching*

*Adult, Couples and Child Coaching*

**▶ Doctor preferred \***



**Certified  
Psycho-  
neurological  
Life & Busi-  
ness  
Coach**



*“Coaching is unlocking a person's potential to maximize their own performance.”*

*-Fortune Magazine*

**720-876-1533  
www.etacoaching.com**



**With Psycho-Neurological Coaching, I Will Help Your Clients:**

- Provide compassionate education of head injuries, ADHD, illness related neurological difficulties
- Work on personality strength related strategies.
- Learn About Related Health Issues and Self-Care
- Overcome Problems with organization
- Work on over stimulation and hypersensitivities to sound, foods, crowds, physical discomfort.
- Work On Social and Life Skills
- Gain Self Confidence and Self Esteem
- Cultivate Strategies to Complete projects and Goals
- Improve Attention and Focus
- Find Solutions for Work and School Difficulties
- Improve Ability To Prioritize Tasks
- Learn To Meet Deadlines and Be On Time And Prepared for Appointments
- Gain Clarity and Function More effectively
- Deepen Self-Awareness
- Continue Moving Toward a Fuller and More Satisfying Life

Medications can improve focus and reduce other symptoms of neurological problems. However, medications alone cannot teach the struggling patient how to compensate for life skills.

In some cases with ADHD or head injuries at a young age . Socially appropriate behaviors are assumed to be well established by the time the patient enters adolescence or young adulthood. Unfortunately, many children who have neurological difficulties often do not learn age-appropriate social behavior. Soon the gap between expectations and performance widens as the child grows up. Socially inappropriate children grow to become socially inappropriate adults, often with tragic life consequences.

Those that struggle with neurological difficulties due to head injuries, illness or traumatic events will often experience a loss of control of behavior, social skills and share many of the same symptoms as the commonly known psychological diagnosis as ADHD. Its important to intervene with support to help with re-entering the world after an accident or illness occurs.

**Psycho-education is an integral part of the coaching process**

It is during this phase of the coaching relationship that the coach educates the client about how and where the challenges of neurological difficulties are manifested in their life. The knowledgeable coach understands and has the ability to explain the imbalances sufficiently in ways that capture the attention of their client.

**Coaching intervention can make a real difference in how people with neurological challenges negotiate their own particular deficits and cope with life on a daily basis.**