

One Day at a Time Coaching and Consulting Practice



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I am currently the Coordinator of the Academic Success Program for Students with LD/ADHD, a Learning Center Program at the University of North Carolina at Chapel Hill where I have worked as an LD/ADHD Specialist since 1994. It is my passion to serve individuals with learning, attentional and emotional challenges and help them turn those challenges into gifts. I am also dedicated to helping parents, partners and professionals who live and work with these individuals learn to understand and actually appreciate these challenging differences. I have been blessed to have a rich and rewarding 30+ year career working with individuals across the age span, from preschoolers to adults, in both public and private settings. I have been a special class teacher at all grade levels, a college professor, an in-service trainer, and a clinician. I was also the co-founder and co-director of a unique, private, multidisciplinary clinic for individuals with these challenges and their families for over ten years.

In 1996, my colleagues at UNC Chapel Hill and I began applying the field of professional coaching to see what it had to offer college students with attentional, learning and emotional challenges. Once I witnessed the power of coaching at allowing people to become who they were meant to be, I received all the training I could. I became a Certified Professional Co-Active Coach (CPCC) in 2003. I am even more excited now about the work I do every day, than I was when I first started my career.

Throughout my career, I have been an advocate for individuals with attentional, learning and emotional differences. I've conducted numerous workshops and presentations on these issues, been a consultant to schools and other agencies, written articles, developed curriculum materials, and written children's books celebrating individual differences. I also had the privilege of co-authoring several books entitled **Coaching College Students with ADHD: Issues and Answers** with Dr. Patricia Quinn and Nancy Ratey, as well as **Ready for Take-Off : Preparing Teens with ADHD/LD for College** and **On Your Own: A College Readiness Guide for Teens with ADHD/LD** with Dr. Patricia Quinn. I have been the Principal Investigator on two research studies of coaching and a large scale study evaluating the college graduation and enrollment patterns of teens with ADHD/LD. I am the Co-Chair of the Professional Advisory Board of CHADD (Children and Adults with Attention Deficit Disorder) and was asked to contribute to the development of **The National ADDA (Attention Deficit Disorder Association) Guiding Principles for Coaching Individuals with Attention Deficit Disorder**. I am the Co-chair of the Professional Advisory Board for the CHADD (Children and Adults with ADHD) .

I started One Day at a Time Coaching and Consulting Practice in 2000 so I can share my talents and skills with others in the community. Change is a difficult process and it is my mission to provide the coaching or consultation services needed to help people with attentional, learning and emotional challenges live the life they desire. I am committed to developing the full potential of every individual I meet.

COACHING SERVICES

What is coaching?

Professional or life coaching is a new, profession that has grown since the mid 90's. Coaching is a unique, collaborative, partnership designed by the person being coached to meet his or her needs; this includes what the coaching goals will be, how time will be used during coaching interactions, and how the coach will motivate and hold the person accountable for staying focused on his or her goals and plans. According to the International Coaching Federation, the governing body for the coaching profession, professional or life coaches help people:

- Set better goals and reach those goals.
- Do more than they would have done on their own in the direction of their goals.
- Stay focused on their goals so they can more quickly produce results.
- Develop the tools, supports and structures they need to live the life they want.

The broad purposes of coaching are to help people:

- Learn more about themselves: specifically what their dreams, values and goals are, as well as what helps them grow and what gets in their way.
- Take the small and big steps necessary to live a more fulfilling and balanced life.
- Reach their full potential by learning how to make powerful choices in consciously selecting their thoughts and actions.

My coaching sessions with teens are typically conducted once a week for an hour (face to face or virtually) and are supplemented with phone and email contact during the week. When I work with parents or adults I can use one hour or two 30 minutes meetings a week. Most clients sign a 3 month contract for coaching and we reevaluate our relationship at the end of this time period.

How is coaching different from therapy and consulting?

Coaching is not therapy or consulting. When I am a coach I take off my "expert" or "consultant hat" and give it to the person I coach. Coaches do not view their clients as "broken, disabled, dysfunctional" or in need of "being fixed." Instead, coaches view their clients as amazing individuals who are "naturally, creative, resourceful and whole" and fully capable of knowing what they need to do and how to do it. Coaches don't focus on the past or the person's underlying emotional issues but rather on what the person needs to do **today** to start living the life he or she wants. If progress is being blocked by emotional issues or wounds from the past, the coach will refer the person to a counselor or therapist. When I am coaching and not consulting, I don't teach or take charge by telling clients what they need to do to make their goals happen. Instead, I use powerful questions that allow the person to really think about and discover how to live the life of his or her dreams. As a coach I share information and suggestions but, ultimately, the person being coached decides if and how to use my input.

CONSULTING SERVICES

At times, however situations arise where I may have the expertise and information to help resolve a problem that a child, adolescent or adult with attentional, learning and emotional challenges is experiencing or that a parent or professional may have. At these times, my consultation services may be more appropriate. Even when I am consulting I apply the philosophy about clients I use as a coach and always strive to develop collaborative relationships. As an experienced professional in the field of education I can:

- Help parents, professionals and the individuals themselves have a clearer understanding of their unique individual differences and learn to use their strengths and talents to overcome challenges and weaknesses.
- Interpret psychoeducational reports into every day language and explain diagnoses, the results of testing and help implement the recommendations in these reports.
- Help families and partners develop more productive ways to live with the child, adolescent or adult in their lives with learning, attentional or emotional differences.
- Help families partner with school personnel to develop and follow through on coordinated management plans that help children, adolescents and adults grow in self control over their challenges.
- Help develop **college transition plans**. I have witnessed students struggle as they transition to college where they are suddenly expected to be independent. College life exposes young people to difficult academic pressures, a host of social opportunities where they have to make difficult decisions about their lives and advocate for themselves. I believe many of these struggles can be prevented through early transition planning and intervention.
- Help during the confusing **college admissions process** for students with attentional, learning and emotional challenges by guiding parents and teens through this process.
- Help individuals of all ages learn how to develop:
 - **Daily living skills** such as; managing time, remembering medication, developing a healthy daily plan for sleep, eating and exercise and recreational activities.
 - **Communication and social interaction skills** including expressing their thoughts clearly, holding conversations, listening attentively, advocating for themselves and handling difficult situations.
 - **Academic learning strategies** in the areas of time management, reading, studying, notetaking, test preparation, test taking and writing.
 - **The skills to use assistive technology** to deal with time management, reading and writing challenges.

Workshops, Consultation Services and Training Activities

I have a wealth of experience providing workshops and presentations at national, state and local meetings and conferences on a variety of topics. I can develop presentations or provide consultation on coaching as well as any of the topics listed above. I can provide on-going consultation to schools or other agencies as their train staff and develop programs. I have recently conducted webinars for national organizations specializing in issues related to ADHD and/or LD.