



Laurie Dupar
COACHING
FOR
ADHD

Awesome Qualities of ADHD



- ★ HIGH ENERGY
- ★ CURIOUS
- ★ UNIQUE
- ★ OUTSIDE THE BOX THINKER
- ★ GENUINE
- ★ WILLING TO TAKE RISKS
- ★ CHARMING
- ★ ABILITY TO HYPER-FOCUS

- ★ LIFE OF THE PARTY
- ★ FUN TO BE WITH
- ★ IMAGINATIVE
- ★ RESOURCEFUL
- ★ ADVENTUROUS
- ★ SINGLE MINDED PURSUIT OF A GOAL
- ★ CAN TALK A LOT
- ★ CREATIVE



- ★ INTELLIGENT
- ★ SEES DETAILS OTHERS MISS
- ★ ENTHUSIASTIC
- ★ RESILIENT
- ★ NEVER BORING
- ★ HYPER-SENSITIVE
- ★ FLEXIBLE
- ★ OPTIMISTIC

- ★ MULTI-TASKER
- ★ TENACIOUS
- ★ INSPIRING
- ★ SENSE OF HUMOR
- ★ INNOVATIVE
- ★ GOOD NEGOTIATOR
- ★ MUSICALLY INTUITIVE
- ★ UNIQUE



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