

# ***L.E.A.P Model: The Stages of ADDentification. The Discovery process begins with>>>>>>***

## **Launching:**

### **Attention to Learning**

**Education** about what a coach does and that the client wants a change in their lives but they are not sure what that is.

**Education about ADD and their own ADD. \* ADD also refers to ADHD.**

**Old story:** “I don’t know what I want, but when I find out I want it fast. Can you fix I?”

**New Story:** “I have to do the work. I thought I could hire to tell me what to do. I am going to find out about myself.”

**ADDentifer:** React vs. Respond, Can’t vs. won’t, Gulp vs. Sip

**Questions:** What are my areas of interest, **strengths, and success.** What do I want to do in the coaching? What do I want to get accomplished right away? What’s important to me? ? What type of situations do you have a difficult time paying attention to? What do you spend most of your time paying attention to paying attention to?

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## **Exploration:**

### **Intention of Discovering**

**Awareness** of individual’s belief systems, talents, challenges, and success. Gaining a sense of what’s important. Discovering needs, values, standards, and boundaries.

**Exploring/discovering what works and what doesn’t**

**Old Story:** “I am finding out that I am not what I do.”

**New story:** “I am who I believe myself to be.”

**ADDentifier:** What vs. Who, shame vs. Guilt, Perfection vs. Excellence, Living in the past vs. Learning from the Past.

**Questions:** What are three events where you felt you were on top of the world and were feeling total joy and fulfillment. What were the strengths and interests that have consistently showed up?

When was the last time you revisited this moment? How can you incorporate more of this event in your life?

## **Action:**

### **The Initiation of**

**Deliberate** action with a defined plan. Integrate talents and develop strengths.

**Old story:** “If I can’t do it perfectly, I won’t do it at all.”

**New story:** “ There is no such thing as failure, there are only learning experiences.”

**ADDentifier: Perfection vs. Excellence, Mistake vs. Revision, Belief vs. Knowing, Attention vs. Intention**

**Questions:** What are your belief systems? How is what you are paying attention to serving you in the present? What changes in your belief systems would serve you better?

What kinds of situations or tasks come easy to you and you consistently do well with? How do we convert your talents into useful strengths?

What’s getting in the way of doing what you want? What adjustments can you make to get the result you want? How can we design your environment for success?

## **Passion:**

### **The Transformation from What you do to who you are.**

**Reflects and identifies** passion based on the clues that become evident through initiated actions. You will not find passion, it will find you. Passion is discovered as are and the clues those actions provide.

**Old Story:** “I will never find my passion. I don’t deserve one.”

**New Story:** “I have a strong desire to do that and I intend on doing it.” I am not what I do.” “I am who I believe myself to be.”

**ADDentifier:** Attention vs. Intention, Interest vs. Passion, Dream vs. Vision, Dreaming asleep vs. dreaming awake

**Questions:** What do you really, really want? What would you do or be if you knew you could NOT fail, right now?

What is your Message of Meaning that Motivates you to Move out of bed and Manifest Moment to Moment?

What will happen to you if you don’t act on passionate picture? Tell me\_what it would look like for you To be living your passionate picture? Paint the portrait of passion that is uniquely Yours. When you were born you work was born with you.

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