



EDMONTON ADHD COACHES

What is an ADHD coach and how is this different from therapy?

An ADHD Coach is a trained professional who helps individuals understand and work with their ADHD. Coaching is a collaborative, strength-based process that focuses on identifying personal strengths, values, learning styles, and passions to develop customized strategies for success. ADHD Coaches help clients build practical skills, improve self-awareness, and create systems that work for their unique brains. Coaching is action-oriented and present- or future-focused, emphasizing problem-solving, accountability, and self-empowerment.

Therapy with a psychologist often explores root causes, past experiences, and emotional healing and is typically more clinical. Therapy may involve treating trauma, mental health disorders, or deeper emotional challenges. Coaching can be therapeutic in the sense that it provides support and validation, but it is not therapy. Coaches do not diagnose, treat mental health conditions, or delve into deep trauma work.

The current list of ADHD Coaches is not comprehensive and professionals are included by consent. We do not endorse or recommend any method, treatment or program provided by these coaches. Therefore, please research any and all treatments, products, and programs before you purchase them. Please check with each coach directly for confirmation of any information.

This publication may not be reproduced in whole or in part by any means whatsoever without express consent by the ADHD Association of Greater Edmonton. All rights reserved.

Created: February 2025

The coaches below are listed in alphabetical order by last name. All are in Edmonton unless otherwise noted.

Stephanie Adams

Credentials: ADDCA* Trained, ADDCA Family Trained, ADDCA Associate Certified Coach (AACC), BA Psychology (University of Alberta)

Email: stephanie@playfulmindscoaching.com

Phone: (780) 999-2998

Website: playfulmindscoaching.com

Age range for clients: 4 to 94+ (clients 12 and under strongly recommended to attend in person sessions)

Areas of special interest: 2SLGBTQIA+, geeks/nerds/gamers, disability/chronic illness, AuDHD (dual diagnosis of Autism and ADHD), young/emerging adults (16-24), 2E/twice exceptional

Free initial consultation: 30 minutes for individuals, 45 minutes for parents/families

Derrick Ferry

Credentials: ADDCA* Trained, B.Comm (Journalism)

Email: dferry@monkeyfishADHD.com

Phone: 780-292-0963

Website: monkeyfishadhd.com

Age range for clients: 13+

Areas of special interest: students, high-stress/vigilance professionals, writers and other creatives, life transitions, geeks/nerds/gamers (can you guess my favourite Pathfinder spell?)

Free Initial Consultation: 30-50 minutes as needed

Carley Haynes

Credentials: ADDCA* trained, BS Psychology (Swinburne University) in progress, crisis line and peer support trained.

Email: adapt2focus@gmail.com

Phone: 780-288-1584

Website: adapt2focus.com

Age range for clients: 16+

Areas of special interest: parents, students, women, late diagnosed individuals, military and uniformed personnel, 2SLGBTQIA+ friendly.

Free initial consultation: 45-60 minutes booked through my website

Vanessa LeBlanc

Credentials: Certificate in Applied Positive Psychology, Certificate in Positive Psychology Based Coaching, Certificate in Positive Education, ADDCA* Basic Trained, ADDCA* Family Trained, ADDCA* Advanced Trained, Bounce Back Better[®] Resilience Trainer Certification, Honours Diploma in Early Childhood Education

Email: vanessa@resparklize.com & vanessa@poweredupkids.com

Website (child coaching): www.poweredupkids.com (program launching soon)

Website (adult coaching): www.resparklize.com

Age range for clients: 8+

Areas of interest: ADHD, women, parents, families, children, entrepreneurship, leadership, 2SLGBTQIA+ friendly

Free initial consultation: 30 minutes

Kamala Randhawa

Credentials: AACC, ADDCA Advance Trained, B.A in Communications

Email: kamalarand@gmail.com

Phone: 780-966-7660

Website: <https://www.rewriteadhd.com/>

Age range for clients: 18+

Areas of interest: Neurodivergence, Men, Women in transition (empty nesters, divorce, changing jobs, hormonal change such as pregnancy and menopause), high achievers, Christian, Homeschooling, 12 step community members, BIPOC-informed.

Free Initial consult: 30 minutes (<https://RewriteADHD.as.me/>)

[Redacted text block]

[Redacted text block]

Carey Wilkinson Lee (Cochrane)

Credentials: ADDCA Certificated Coach

Author of "How to Get out of an Abusive Relationship with Yourself"; Roots of Empathy Facilitator; life-long experience and learning to navigate our world as a highly sensitive person with many symptoms often diagnosed as ADHD.

Email: reimagineadhdcarey@gmail.com

Phone: 403-890-1944

Website: <https://www.careywilkinsonlee.com>

Age range for clients: All are Welcome

Areas of interest: Discovery of unique brain wiring. Helping you to understand who you are/how your FABulous brain works (& to honor/respect/try and love who that is). Identifying the saboteurs getting in your way & working together to find manageable solutions (and having a little fun doing it). Creating a space to be curious, not judgmental. Late Bloomers.

Free 30 minute Discovery Call

*ADDCA - ADD Coach Academy

**AACC - ADDCA Associate Certified Coach