

ADHD & Punctuality: Even YOU can Learn to be On-Time!

ADDClasses.com Webinar with Coach Lynne Edris

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- I. How does our Struggle with Punctuality Impact us?
 - A. Social/Interpersonal Aspects
 1. Punctuality = Reliability?!
 - B. Work/Career/School
 - C. Financial component
 - D. Stress - “High Alert”
 - E. Self-Concept

- II. Why do Individuals with ADHD Struggle with Punctuality?
 - A. ADHD Characteristics
 1. Distractibility
 2. Impulsivity
 3. Hyper focus
 - B. Wonky Sense of time
 1. “Time Blind”
 2. The Flow of Time
 3. How Long Tasks Take
 4. Subjective & Situational
 - C. Executive Function Challenges
 1. Punctuality Requires Organizing, Planning, Prioritizing
 2. All can be a struggle
 - D. One-More-Thing-It is
 1. Exacerbated by Poor Task Management
 2. Exacerbated by Poor Time-Management
 3. Exacerbated by ADHD-Characteristics
 - E. F.O.B.E (Fear of Being EARLY)
 1. Task-Management Always Behind
 2. Is being Bored/Idle worse than being Late?

- III. How to Improve Punctuality
 - A. Thinking Needs to Change!
 1. Why it matters
 2. What does “On-Time” mean?
 3. How you think about scheduling appointments
 - a. Travel time-- more than just “Driving” time!
 - b. “Time Warp”
 4. F.O.B.E. (Fear of Being Early)

- B. Self-awareness is Key!
 - 1. When are you more likely to be on-time?
 - 2. Where do you get off-track when you're late?
- C. Watches and Clocks
 - 1. Analog
 - 2. Vs. Cell Phone
 - 3. Set it to the REAL time!
- D. Timers & Alarms:
 - 1. One may not be enough!
 - 2. Timing Tasks
 - 3. Estimation Games
- E. Alarm Clocks
 - 1. Re-think the snooze!
 - 2. Make yourself Work for it
- F. Clear the fog
- G. The power of routine!
 - 1. Automate what you can
 - a. Evening Routines
 - b. Morning Routines
 - c. Check lists

IV. Coaching Fieldwork

- A. What are your punctuality road blocks?

- B. What are you willing to do differently?

- C. What works?

- D. Focus on progress and effort!