



Life Coaching for Adults, Adults with ADHD, and Teachers

Suzanne Ostrowski-Dansel, M.Ed., ACC, is passionate about coaching. During her last 35 years as a teacher, presenter, mentor, and consultant-turned coach, she has a clear understanding of best practices and the power of a single daily action. She has vast experience with building relationships, supporting success, and creating collaborative strategies with individuals across the lifespan.

Suzanne is centered on client strengths and customizing strategies. Client and coach engage each other as coactive learners, exploring possibilities, measuring success, and enhancing insight. Suzanne is clear that the client must determine the vision and set the direction of the process. Together, change happens!

“Haziness of thought can grow into a scattershot existence. It happens when ideas, information, questions, and demands fly around in a whirling mind like debris in an intense hurricane.”

~ ADHD Adult

The Impact Metrics

Six key elements for reaching your goals:

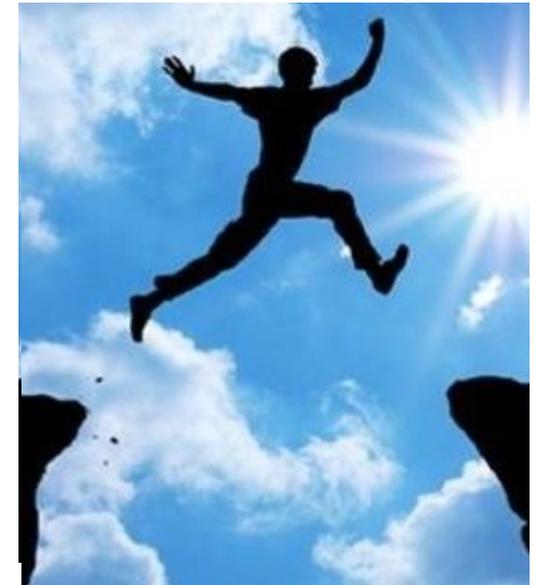
- **I**magine – Develop a big picture
- **M**easure – Increase precision of self-observation
- **P**ersist – Persevere in spite of fatigue and frustration
- **A**ct – Act on your direction
- **C**larify – Sharp, directed focus
- **T**ransform – Become your vision



Impact-Full Coaching, LLC
Clarify and Thrive

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LIFE COACHING

*Specializing in Adults,
Adults with ADHD,
and Teachers*

**Suzanne Ostrowski-Dansel,
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Ann Arbor, Michigan



What is Coaching?

In contrast to approaches which focus on past behavior (as in counseling and therapy) or providing directives to the client (as in mentoring, advice, and counseling), coaching is a collaborative, strength-based, goal-oriented and client-centered approach.

Coaching targets change as needed for the present and future. Identifying one's areas of difficulty and frustration are part of addressing the challenges that might slow progress.

The coaching relationship provides accountability and a measurement approach to following a pre-determined vision.

“In the absence of clearly defined goals, we become strangely loyal to performing daily trivia until ultimately we become enslaved by it.”

...ROBERT HEINLEIN (Author)

How do Adults use Coaching?

Adults use coaching to overcome struggles with blind spots in:

- Future Vision
- Organization
- Persistence
- Regulation
- Time Management
- Point of Performance

The client's role in coaching:

- Imagine and engineer your vision of the future.
- Continually access and refine your vision.
- Categorize your themes and designate goals.
- Understand your strengths.
- Measure daily follow-through.
- Change patterns of thinking to help you perform optimally.
- Identify and increase your support systems, nurturing and refining relationships.
- Receive encouragement and validation that make you want to stretch.
- Learn to improve, sustain, and shift focus at the right time in the right place.
- Design planning and time management strategies.
- Actively grow in the direction of your own best self.



Services offered

I can help you make changes in your life that will greatly enhance your personal life and career.

- Identify areas of difficulty and frustration.
- Understand underlying issues and patterns of behavior.
- Recognize areas of strength.
- Identify long-term and short-term goals.
- Implement strategies in support of your goals.
- Monitor and measure follow-through.
- Design reward systems.