

CORALIE REBUFFAT

CERTIFIED ADHD COACH

Adults, adolescents
and people around them.
English & French.



NEURODIVERSE COACHING & NEURODEVELOPMENT EXPERTISE

I am a neurodiverse coach trained and certified @ ADDCA, the ADD Coaching Academy (USA). ADDCA has been the Global reference in ADHD coaching training for 20+ years. A 36 months program specialized in adults | adolescents | people around them.

WORKPLACE PSYCHOLOGY

I studied workplace clinical psychology @CNAM Paris, France. SOSIE 2 certified @ECPA | Pearsons.

LEARNING AND DEVELOPMENT CAREER MANAGEMENT

For 20+ years I have developed a strong expertise in human resources: education; career management; internal coaching. This enriches my practice with proven tools from various experiences.

ON GOING EDUCATION

I devote 20% of my time to my education and contribute to the ADDCA, CADDRA and ICF international learning communities – ADD Coaching Academy ; Canadian ADHD Resource Alliance; International Coaching Federation.

ADHD COACHING¹

ADHD coaching is one of the most effective non-medicated approaches for people challenged by this condition and any combined difficulties.

Coaching is a partnership between the coach and the client. The client owns the substance; the coach owns the process.

ADHD Coaching is also recommended for people around, in order to help them understand, support and live alongside these atypical people.

UNCOVER - EXPERIMENT - INCLUDE

Intention is to include and not fight the client's unique brain-wiring. ADHD coaching is facts grounded with a positive ADHD lens. Discussion, questions, education at point of need, are used to assist clients as they explore possibilities; uncover talents and strengths, make decisions and identify actions that they are willing to take towards desired goals.

ADVANCED PRACTICE HELPING PEOPLE AROUND

I specialized at ADDCA in providing support to people around and managing more complex cases (advanced coaching program).

NEUROSCIENCES

ADHD Coaching is supported by the most current research in the areas of ADHD, executive functioning, positive psychology and Mindfulness.

FOREIGNERS SUPPORT

I can help foreign clients to navigate in both French health and career systems.

A MULTIDISCIPLINARY APPROACH

With the patient's permission, I am happy to share my observations with other health professionals such as my client's psychiatrist. I enjoy working with a qualified network in the fields of neurodevelopment and learning.

SUPERVISED PRACTICE

I am supervised by an ADDCA Mentor Coach to offer both a safe space and a qualitative work, towards each individual objectives and needs.

REFERENCES - ETHICS

As an ADDCA certified coach and member of the ICF, I abide by their code of ethics. My profile is available in their directories. Other references on request.

MODES OF INTERVENTION

In coaching I operate in person in Paris, France. I also use secured videoconference tools.

WHAT ELSE ?

I am committed to foster Neurodiversity at the workplace and at school : speaker, facilitator and consultant.

The ADHD coach cannot raise a diagnosis, nor give medication or any other substitutes. Only a psychiatrist is qualified to do so.

The ADHD coach cannot conduct a psychotherapy.

¹Attention Deficit & Hyperactivity Disorder