

What do Experts say about ADHD Coaching?

“Common challenges, such as time management, organization, goal setting and prioritization are often issues that medication or therapy do not address, where as the focus of ADHD coaching is on building skills and taking action. Good coaching definitely helps people.”

– Edward Hallowell, M.D.

Author of ADHD 2.0, ADHD Doctor, and Fellow ADHDer

“If you’ve tried medication, counseling, and every other alternative therapy out there, ADHD coaching might be the next step in your treatment plan.”

– Daniel Amen, M.D., ADHD Doctor

Author of Healing ADD, and Director of Amen Clinics

“Coaching, it turns out, is one of the most powerful and effective ways for people with ADHD to achieve success.”

– Thom Hartmann, Ph.D

Author of ADHD: A Hunter in a Farmer’s World

Try Coaching For Free!

Call or Schedule Online for a
Free Coaching Session!

Become The Captain Of Your Life!



Henry Lam

ADHD and Life Coach

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Accepting Clients Worldwide
Coach by Phone or Video Call

**Always Late,
Scattered,
Forgetful,
Disorganized,
Impulsive,
Underachiever,

ADHD?**

**If So, Soar To Success
With ADHD Coaching!**



**HENRY LAM
ADHD COACHING**

YOUR FUTURE LED BY YOU

Problems I help ADHD clients solve:



- Poor Focus
- Impulsivity
- Perfectionism
- Procrastination
- Disorganization
- Career Problems
- Negative Mindset
- Habits & Routines
- Work-Life Balance
- Reckless Spending
- Time Management
- Regulation of Emotions
- And More!

Results I help ADHD clients receive:



- Achieving a higher GPA
- Starting new businesses and hobbies
- Changing careers
- Having free time and fun again
- Starting and finishing projects/tasks
- Building a healthy mind/body
- Conquering physical/mental clutter
- Solving social problems

Who is Henry Lam?

I have ADHD and I trained as a Life Coach at the Life Purpose Institute. I then specialized in ADHD at the ADHD Coaching Academy (ADDCA). Both are accredited by the International Coaching Federation (ICF), which is the only internationally recognized professional coaching accreditation.

I began coaching ADHD adults since the end of November 2021.

I keep up with the latest ADHD and coaching research through the ICF, Additude Magazine, and ADDA.

Testimonial

“Henry Lam Coaching is an excellent service if you’re looking for practical steps to deal with ADHD, career decisions, or life. I appreciated Henry’s straight-forward, no-nonsense approach. He was very present with me, and he totally understood my experiences. The coaching sessions were fun, I got results right away, and my life is already better. Highly recommended.”

– Mal, retired therapist