

Camp Hill ADHD Coach Becomes First to Receive IAAC Credential

CAMP HILL, Pennsylvania, November 5, 2009 - Beth Prosser of Camp Hill, PA has been awarded the Certified ADHD Coach (CAC) credential by the Institute for the Advancement of ADHD Coaching (IAAC). Prosser becomes the first ADHD Coach ever to receive the CAC designation, which the IAAC began offering in March of this year.

ADHD coaching is a specialized form of life coaching in which the coach has extensive knowledge, training and experience with Attention Deficit / Hyperactivity Disorder. ADHD coaches help their clients overcome the challenges of living with ADHD, such as time management, organization, prioritization, and impulsivity.

The field of coaching is self regulated, meaning anyone can call themselves a coach. It is up to each individual client to evaluate the qualifications of a prospective coach. A credential provides an independent, standardized measure of skill and experience.

The IAAC is the only independent worldwide credentialing organization for ADHD coaches. It was formed to promote excellence within the ADHD coaching profession by providing credentialing, a set of core competencies, and ethical guidelines.

The CAC designation is awarded to ADHD coaches like Prosser who have completed at least 190 hours of training, 500 client coaching hours over two years, and passed a written and oral examination. "It's a rigorous process," said Prosser. "Getting this certification is a significant milestone in my career. The credential is important to me because I want potential clients and referral partners to know I meet an extremely high standard. It's a milestone for the ADHD coaching profession too, because credentialing hasn't been available until now except to the 66 coaches who were grandfathered in last year."

The IAAC offers two additional levels of certification: the Senior Certified ADHD Coach (SCAC) for coaches who have logged at least 1500 client coaching hours over five years, and the Associate Certified ADHD Coach (ACAC) for coaches with 100 hours over one year. Both of these levels have training and examination requirements as well.

Prosser started her coaching business, ADHD Solutions, in 2006. She offers individual ADHD coaching for adults and students, plus group coaching programs and workshops. She also provides life coaching for people who don't have ADHD, but have similar issues. "Many people have trouble staying focused", she asserts. "It's a lot of the same stuff: time management, procrastination, setting priorities, planning. Deciding what's important and focusing on it until it's done. I provide much-needed support to people who want to live their dreams."

For more information, visit www.adhdsolutions.net.

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