

Intro: [\(00:00\)](#)

Having an ADHD brain is a mixed bag. Sometimes it's good news. And sometimes, well, it's not. Even ADHD professionals have trouble with their ADHD. They try harder and harder and harder to overcome the chaos that's ADHD. And finally, they overcome the barriers of ADHD and they become what we call at ADDA, ADHD heroes. And that's what TADD Talks are all about this year. Your favorite ADHD professionals sharing their ADHD stories. So, join us here at ADDA, the Attention Deficit Disorder Association every single day of October, because it's ADHD Awareness Month. Here's the next inspiring story.

Rudy Rodriguez: [\(00:49\)](#)

Hello. Welcome to TADD Talks with ADDA. I'm thrilled to be part of this year's TADD Talks, celebrating ADHD Awareness month. My name is Rudy Rodriguez, aka coach Rudy. I'm a professional certified ADHD coach, a licensed clinical social worker, and I am the owner and founder of the ADHD Center for Success. We're located in beautiful Asheville, North Carolina. Oh, sorry, did I also mention that I'm also an adult diagnosed with ADHD? Today I'd like to share two brief hero stories about learning and transformation. I moved to Asheville in 1981 and when I arrived, I was working at a children's evaluation center where we evaluated children for learning disabilities, developmental disabilities, and ADHD. And I was 30 years old, and this was the first time I had ever learned or heard anything about ADHD. I worked there for a few more years before opening my private therapy practice in 1983. Ten years later in 1993, after years of treating children and teens, I too was diagnosed with ADHD.

Rudy Rodriguez: [\(02:11\)](#)

By the way, following my coach training, I became a certified coach in 2004, and soon after became a member of the ADHD coaches organization, and I'm currently a professional certified ADHD coach. Much of my days are full, spent coaching adults with ADHD. And, you know, I love it, but sometimes coaching alone doesn't provide me with a level of novelty and stimulation that I prefer in my life. So, I also spend time planning and presenting seminars, workshops, and groups. So, I sometimes find it difficult to get everything done during my workday. So, I spend additional hours working to complete and keep up with my multiple tasks, projects, and interests.

Rudy Rodriguez: [\(03:04\)](#)

I've always said, ADHD is effortful. I love my ADHD and I wouldn't change a thing about it, but I also have to admit that my ADHD requires constant attention, patience, modulation, and self-regulation. I've enjoyed a wonderful life, and I have plenty of stories and memories held in my mental scrapbook that I can review from time to time. So, speaking of memories, let me share a personal ADHD story about learning and transformation. There was a good period of my life in which I didn't pay much attention to being on time unfortunately. I'd show up for class and meetings just on time or I rationalized that it was acceptable to arrive up to five minutes late. So let me tell you about the magical moment when my relationship with time was transformed. At least 25 years ago, I had a good female friend we'll call her Sally. Sally taught yoga and meditation.

Rudy Rodriguez: [\(04:13\)](#)

I had attended Sally's yoga classes for years, and at some point we began spending a great deal of personal time together. One day we were at Sally's house, and I was in full bliss following a 45-minute meditation. I and my ADHD were super chilled. However, on this occasion, Sally entered the living room and announced that it was time to go. We have to leave she said. Well, I was still in show mode. And so, as I watched Sally waiting for me, I still had to find my wallet and my keys before we left. Well, the same scenario repeated itself a few more times until one day I was lost in deep thought making plans for something that certainly must have been important enough to dominate my intention. You know what that's like. Anyway, on this occasion, Sally came into the room and

paused.

Rudy Rodriguez: [\(05:15\)](#)

She took a gentle breath and said, Rudy, it's time to get ready to get ready to go. Wow. I suddenly got it. I understood for the first time that there's actually a window of time that I had overlooked throughout much of my life. There's actually a gap of time, a time of getting ready, a time to get ready, to get ready, to leave the house the time to get ready, to get ready, to leave for work or a time to get ready, to get ready to go to bed and so on, the possibilities were endless. I now understood that there was a gap or transition of time in which I could actually take time to wrap something up and use the gap of time to get ready, to get ready for the next thing.

Rudy Rodriguez: [\(06:04\)](#)

This lesson of getting ready to get ready to go has literally transformed my relationship with time. It has brought me a peace of mind, personal satisfaction, and confidence to an area of my life I had previously struggled with without even knowing it. Prior to this discovery, I'm sure others were not so pleased with my missed management of time, my not being ready or arriving late. Now that I'm aware of this magic of getting ready to get ready, I practice it and use this strategy as often as possible. And I can honestly say, now that I'm ready to get ready to go at least 99% of the time.

Rudy Rodriguez: [\(06:49\)](#)

A few years ago, I attended a webinar presented by Lynne Edris ADHD coach. During this webinar Lynne asked her audience a very important question. What is the difference between being on time and being prompt? Well now let me tell you another story and this one to demonstrate this difference between being on time versus being prompt. It's a story about one of my ADHD coaching clients, we'll call her Mary. Mary had an assortment of ADHD related challenges as we all do. One of which was that she was always running late to almost everything. I had coached Mary about her challenges with time. And though she demonstrated improvement, she continued to struggle with being on time.

Rudy Rodriguez: [\(07:40\)](#)

I like to say that ADHD people are generally five to 10 minutes late to most everything. And this was certainly true for Mary. I told Mary about Lynne Edris and asked Mary to describe the difference between being on time versus being prompt. We discussed the differences and when she left the office, she looked excited about the idea of being prompt. Well, I hadn't heard from Mary for a while, but one day she called me. There was something very exciting that she wanted to tell me. Mary had registered to attend a workshop and she had arrived uncharacteristically early. There was no line at the registration table, so Mary was able to chat with the staff while she checked in and received her name tag and packet of handouts for the workshop. Then Mary walked into the seminar room and was pleased to see that she was the first to arrive.

Rudy Rodriguez: [\(08:41\)](#)

In the past of course she would have arrived late or just as the seminar was beginning, of course in arriving late seating was likely limited and she would have to find a seat in a room full of people. However, on this particular occasion, Mary was the first to arrive, which also meant that she had her choice of seating. Mary calmly seated herself, place her packet on the table and walked into the restroom to freshen up. When she returned to the seminar room, she poured a glass of water for herself and sat down. Mary felt relaxed and ready for the seminar to begin as other attendees were beginning to show up to find their seat. Mary was so excited as she spoke to me on the telephone that day and with great satisfaction she said, "Rudy, I was prompt". Mary proved to herself that she could manage being on time and she couldn't wait to tell me of her experience. Mary overcame, her challenge with being on time, through her process of learning, practice, and transformation. So, to be

clear, getting ready to get ready is about being prompt. I hope you enjoyed my stories of overcoming challenges with ADHD and the experience of personal transformation. Thank you for listening to ADDA's TADD Talk and I hope you'll find something meaningful for yourself in this recording. Once again, I'm coach Rudy professional certified ADHD coach and licensed clinical social worker. If you'd like more information about me, or ADHD coaching or training, you can find me online at www.ADHDcenterforsuccess.com or you can email me at coachrudy@adhdcenterforsuccess.com. Thanks again. This is coach Rudy signing off.

Outro: ([10:51](#))

Thanks so much for joining us for TADD talks this year. I'm sure you enjoyed these inspiring stories and there's so much more. In fact, why don't you join us for the 2021 virtual ADHD International Conference November 4th through the 6th. And you might want to consider joining ADDA as well. It's a great investment for a small amount of money as little as \$5 a month. And remember, so when you feel like hope is gone, look inside you and be strong and you'll finally see the truth, that a hero lies in you.