

Catherine Bray of On Purpose Life Strategies to be Featured on Close-Up Talk Radio

TORONTO, ONTARIO, CANADA, November 13, 2014 /EINPresswire.com/ -- We've all left our house and forgotten our phone or walked into a room and forgotten why, but for those diagnosed with [ADHD](#), multiply that by 1000.

According to the [Center for Disease Control](#), approximately eight million adults suffer from attention deficit hyperactivity disorder or ADHD, a neurotransmitter disorder caused by an inefficiency of dopamine in the brain. People with ADHD often experience difficulty focusing, organizing and prioritizing effectively. The obvious struggles are school and work, but relationships can also be difficult.

But is life ever an adventure for an ADDer. They're spontaneous and creative. They know how to have fun and be in the moment. It's a terrific brain wiring. It's just tough in some situations. That's why you work with an ADHD coach.



"People think ADHD is about a lack of focus, but it's not that you can't focus; it's that you focus on everything and can't prioritize what's important," says ADHD coach Catherine Bray. "So you can see why purpose is important for an ADDer."

Bray is the founder of On Purpose Life Strategies. As an adult with ADHD, the mother of an ADHD child and a trained ADHD Coach Specialist, Bray believes that ADHD is a gift, not a grim diagnosis. While ADHD can certainly offer its share of challenges, it can offer just as many delightful opportunities and bring a positive energy to life.

"They call it a disorder, but I just think it's the way your brain is wired," says Bray. "ADHD coaching helps these individuals to identify their tendencies and create pragmatic strategies to stay focused and function more efficiently in life."

Catherine was first introduced to coaching through an ADHD coach.

"My son was diagnosed with ADHD at 6-years-old," recalls Bray. "As I learned more about ADHD, I realized this was my story. Reading about what my son could expect and how he was going to behave was like reading my entire history. Once I learned I was ADDer, I knew I wanted my son to learn the things I wasn't naturally going to be able to teach him."

Catherine says she enjoyed the process, but more importantly, she saw a real need for other individuals with ADHD to feel better about themselves and find the joy and delight of being who they are.

“All coaching comes back to life coaching: what do you want to do in life and what is going to make you happy? If you’re not happy with your life, let’s do something to change it,” says Bray. “To see my clients discover themselves, develop a plan and walk out the door with purpose is a great feeling. Feeling purposeful will help you stay balanced when things seem out of balance. So live your life on purpose.”

Close-Up Talk Radio will feature Catherine Bray in an interview with Jim Masters on November 14th at 11am.

Listen to the show
<http://www.blogtalkradio.com/closeuptalkradio>. If

you have a question for our guest, call (347) 996-3389.

For more information on Catherine Bray, visit <http://www.onpurposelifestrategies.com>



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ADHD coaching helps individuals identify their tendencies and create pragmatic strategies to stay focused and function more efficiently in life.

Catherine Bray

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