Ada Sewell: Imposter syndrome and changing your mindset

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SPEAKERS

Ada Sewell, Katy Weber

Katy Weber 00:00
So Ada soul, thank you so much for joining me today. I'm very excited to be talking with you.

Ada Sewell 00:05
Thank you so much for having me. I'm excited to be here.

Katy Weber 00:08
So before we get started, yes, I have a lot of questions about your coaching and what you're working on because it sounds amazing. And I've already in just a little bit of research I've been doing for this interview I'm, I'm, I've just already fall in love. So I'm already super fast. But you. But first of all, let's talk about your ADHD diagnosis. First of all, like, what first led you to think you might have it and what led up to your diagnosis? And when was that?

Ada Sewell 00:41
Yeah, so I was diagnosed as an adult, I was 26 years old, I believe. And it came to mind because one of my really good friends has ADHD. And it was something that up until then, I'd heard a little bit about, but I never, you know, really thought that it would ever apply to me. And seeing how much I had in common with that ADHD friend. And then just like talking to her more about it just got me curious. And I think like a lot of people who find out later in life, I started the research and fell down a research rabbit hole and like, left and right, it was just like, Oh, well, that explains that. Oh, that would explain that. So um, I think the final thing that actually led me to seek diagnosis was I was actually working at a psychiatrist's office, and we specialized in seeing patients with ADHD. And after a while, I'm I just decided to ask the doctor I worked under, like, hey, do you have any recommendations for any other doctors that might be able to see me because, you know, the more I do this, the more I'm thinking that it might be something I should look into. And then from there, you know, I found a doctor, got a diagnosis and started my treatment plan. And, yeah, that's been three years. And yeah, it's been history since then.
Katy Weber  02:06

It’s an amazing, you know, it’s funny, I think the difference between people who see ADHD memes or, you know, people who are who talk about ADHD, there’s a such a difference between people who are like, haha, I relate to that. And then people who are like, Oh, my God, I feel seen for the first time in my life.

Ada Sewell  02:25

Exactly. It’s like, Oh, I thought that was just a thing that everyone did. But that’s like an that’s an ADHD thing. Oh, good to know, no one ever

Katy Weber  02:33

told me, but I opted like, I’m starting to think the more I’m interviewing other women. And the more I’m seeing this pattern of like, if you feel this overwhelming rush of recognition, and validation, that’s probably a good tip that you have ADHD because it’s one thing we all have in common, which is this. Just urgency and sense of Oh my God, for the first time in my life, I feel understood. Yeah, like, haha, relatable. Hashtag relatable.

Ada Sewell  03:04

Exactly. Yeah. Cuz I think so many of us go, you know, especially when we don’t get diagnosed until adulthood, we go so long, just wondering like, Am I just like, this is just is this just like how I am? Am I just stuck this way? So when you start getting those little bits of clarity, it’s like, it’s like nectar. It’s like, Oh, my gosh, I’ve been thirsting for this. I didn’t even realize.

Katy Weber  03:27

Yeah, right. And I think even just like you had said in our earlier correspondence, like just having a name, for all the things I thought were just weird, I think is so important. It’s I liken it to like having a foot of water in your house and walking around and just being like, why is there a foot of water in my house? What is happening? And then one person just says, Oh, well, it’s because your faucet is on. And like, even if you can’t get to the faucet yet, just knowing why there’s a foot of water in your house changes everything. You know, oh

Ada Sewell  04:00

my gosh, yes. I love that analogy, too. Right. Yeah. It’s like, he just learned to live with this thing. And you’re like, well, I don’t know why it’s here. But I guess this is how it is. And yeah, just having that, that source to like, identify it. It’s like you said it’s everything.

Katy Weber  04:16

Yeah, yeah. And so I think you know, having meeting now meeting so many other women who are especially coaches and entrepreneurs who understands like, why it is so important for us to have our have understanding and have our heads held in a way that they haven’t been before is so important to me. And so I’m just I love having especially in
Ada Sewell 05:13
Yeah, yeah. For me, I think the biggest thing was probably the emotional regulation. And the difficulty around that: I always had very intense moods. As a child, I was very quick to getting angry and frustrated and sad, very sensitive to criticism. Like I know, a lot of women have said, on this podcast, and just in general, it was really hard for me to hear anything critical without making it mean that I was bad, and that I was, you know, messing up or letting someone down. So a lot of those people pleaser tendencies. And probably the biggest thing is just like looking back at my, my history with school, like, I remember so many days, like, bless my parents, they’re such patient people. But I remember so many days, she’s like, sitting at the kitchen table, sitting over my math homework, and just sobbing, just weeping. Because, you know, I know it. I know what needed to get done. But I just, it was just so hard for me. And I couldn’t explain why I just couldn’t explain why just sitting there to fill in some problems felt painful in a way and just like a miserable experience. But at the same time, I had really great grades in school, because I think I didn’t have to try very hard. I think I could sort of like and that was sort of more of a benefit, I guess was I just loved learning. So I could take in information and just retain it pretty easily. So I guess I got kind of bored having to work with it later do homework in that kind of thing. So yeah, I had a very low tolerance for boredom, and discomfort. And yeah, all of those, all of those fun things. We need his kids to guide us and give us direction. So yeah, that was probably the biggest sign is just not really having a lot of control over that realm of my life.

Katy Weber 07:23
I had a similar experience in that I was told over and over and over again, does not perform up to her potential. Oh, man, I really, really struck right. I mean, I think that’s common with a lot of us that, you know, one thing I struggled with so much was feeling like other people saw my potential, and saw that I wasn’t performing up to it. And yet, I had no idea what that was. I had no idea what her potential was. And I had no idea how to get there. And I felt like nobody was helping me. They were just criticizing.

Ada Sewell 07:55
Yeah, you hear the term like, you just have to apply yourself. Yeah. Yeah. It’s like, if you ever tell a seven year old to like, apply themselves, they don’t know what you’re talking about.

Katy Weber 08:05
I had another woman I was interviewing who’s who said it so perfectly, which is I love learning. I just hated school. And I’m like, Yes.

Ada Sewell 08:14
Oh, my gosh, that is exactly it. Yeah. Like the information and like getting cool stuff. You know, when your head is really fun, but having to sit there and repeat it back in?
Katy Weber 08:25
Yeah. Yeah, we are obsessive learners. We are. We are obsessive, lifelong learners. I think that’s also a good clue. You know, if you feel like why is it that I can be so interested in certain topics, and yet performed poorly on tests? You know, yeah.

Ada Sewell 08:43
tip off. Yeah. And it’s, I think it’s so baffling for the adults in our life when we’re younger, too, because they see that and they’re like, but you’re, you’re really smart. I know. You’re smart. Like, my parents would take me to the mall, we go to the bookstore, and I would like, get a book and finish it before we went home. So it’s like, you clearly love learning you like information and stuff, but why isn’t it translating the school? And it’s like, I don’t know, guys, Your guess is as good as mine. I wish I knew.

Katy Weber 09:14
Oh, my goodness. That’s that confusion of like, I would I have no

Ada Sewell 09:18
clue. Exactly. Like no one wants to tell me more than no one wants to tell you more than me. But I have

Katy Weber 09:24
no idea. Yeah, right. Yeah. So when you were talking about emotional regulation, I’m curious. Now this episode is going to air in 2021. Because we’re almost at the end of 2020. Which

Ada Sewell 09:38
show? Oh, yeah, it’s it’s been a doozy.

Katy Weber 09:42
Yeah, I’m sure we’re all gonna be glad it’s over. But how do you feel like your awareness of your ADHD has helped you get through 2020 in terms of emotional regulation, because I was on I was diagnosed only a few months ago. So I spent like a portion of this pandemic, not Real, you know, in in basically in implosion mode, which I’m grateful for now in retrospect because I sought the diagnosis and took it seriously. And now I’m and now everything has sort of been revealed to me and I pulled back the curtain and I’m feeling so much better about my own emotional regulation this year because it’s hard like,
Oh, yes, like,

Katy Weber 10:25
this year has been terrible. Yeah, no emotional and so I'm curious, you know how has your awareness of your emotional regulation or emotional dysregulation helped you this year?

A Ada Sewell 10:39
Yeah,

Katy Weber 10:40
it's, that's a big question. So sometimes I'm like, I don't even know where you're going to enter with that one,

A Ada Sewell 10:48
right? No, I love the questions. I've got plenty of room to explore. So that's great. But yeah, I would say it's funny, because I think 2020 has definitely, like you said, it's brought up a lot of emotion in people. And since so many of us have had to sit at home, and we can't, you know, do our normal, like, Oh, I don't feel that I'm going to go out with my friends, or I'm going to go and do this. Like, that's not as easy to do. So we have to, like, sit with those emotions now. So I think ADHD has been helpful in that sense, because I've, I've already had to get used to, like, really facing my emotions, or else they will absolutely steamroll me. That's something I've been learning is to just really, when these intense moods come up, like it used to be that if I was out of nowhere, like there was a flash of like, anger or sadness or something, I would kind of freak out. I'm like, Oh, no, I'm in a bad mood. This feels terrible. I've got to fix it. And you know, ensue, panicking and freaking out and all of that fun stuff. But now I think I've realized I'm like, Okay, well, I'm always going to have this ADHD brain, I'm always going to have these intense emotions, I think the best thing for me to do is just learn how to handle them. And to sort of move with them. It's kind of like, if I'm in a turbulent ocean of like, all of these feelings. It's like, do I want to struggle against the waves for my whole life? Or like, do I want to learn how to surf? Yeah,

Katy Weber 12:33
Oh, I like that. Kill the water with the water analogy.

A Ada Sewell 12:37
Okay. Yeah, so 2020 has been like the year of surfing, basically, it's like, yeah, let's learn how to like, move with this. Because like, the emotional intensity is not going anywhere. I'm like, it's been almost 30 years. And, you know, these patterns haven't really changed. But what we are able to change is just how we react to that. So yeah, for me, learning how to just really embrace that this year has been the difference between, like, melting down every day, and like actually feeling pretty good in 2020, surprisingly enough.
Katy Weber  13:17
Yeah, I think that’s, it’s interesting. Now, as it comes to a close, I think, I hope a lot of people are kind of feeling a sense of gratitude for what this year has brought. And some of the changes, you know, there’s still such a far way to go. But Oh, yes, we’re seeing a light at the end in some form, you know, and feel like, you know, thinking about my family, and my kids and New Year’s coming up and thinking about, you know, really sitting down and looking at ways in which we have changed as individuals and as a society and in which we can find gratitude in this year.

Ada Sewell  13:59
Yeah, gratitude is really huge. And, you know, it’s like one of those things where a lot of people are like, Oh, that’s just, you know, self help, like, positive affirmations just be grateful, blah, blah, blah. But it really does help a lot to just, you know, look at what you do have instead of what you don’t, because, you know, our brains are just naturally wired to focus on what we don’t have, you know, that keeps us safe. But when you can just switch it and also see what you do have and just give yourself a second to appreciate that. It really does make a big difference. So yeah, I’m, I hope more people have been able to tap into that a little bit, because I know it’s hard. But when you can challenge yourself to do that it really can like, open up a lot. So I’m glad you brought that up. Gratitude is good stuff.

Katy Weber  14:53
So I’m curious. Have you ever taken medication for ADHD?

Ada Sewell  14:58
Yeah, I take medication now, after like a year off of it. I started back again, like a month or so ago. So yeah, that’s been a new adjustment again.

Katy Weber  15:11
Oh, okay. And what are you on? Yeah. What are you on?

Ada Sewell  15:16
What you are? out of context? Yeah, I take Adderall, so I take Adderall instant release, I take 20 milligrams twice a day.

Katy Weber  15:31
Okay. And so how are you finding it’s helping you? Are you still kind of in the exploratory mode?

Ada Sewell  15:37
Yeah, it’s, it’s a bit of a mixed bag, it definitely helps with sort of quieting things down, it kind of seems like you get to turn down the dial on the radio a little bit, so to speak. And it um, it helps me to sort of tolerate those things that require a little more like sitting and focusing power. There are definitely some adjustments, especially like in the realm
Katy Weber  17:09
when I first got my diagnosis, and sort of had the consult, the psych consult, the doctor recommended vyvanse. And I was I had, you know, so I think for so much of my life, my ADHD was diagnosed as depression and anxiety, especially when I had my kids. So I had, you know, what I had, I, I went on antidepressants for what I thought was postpartum depression, I still think it is postpartum depression. Now I'm kind of looking at it all thinking like, wow, there's so many other elements that were at work there that I didn't realize. And so I went on when my son was about eight months old, and he's now almost 10. And so in January of 2020, I decided I was going to try to wean myself off of antidepressants. And see how it went. I just can't even really explain it this weird, like stubbornness of like, I want to know who I am authentically. Yeah, Like, I can't even explain it. I don't even necessarily endorse that. Because I am very pro medication. Like I am not anti medication at all, but I think I just had some, like, life experiences that I just felt sort of like how would which what is me? What is the medication? And I think that's common? Yeah, that's super understandable. Yeah. And so in January of 2020, when I like everyone else was like, yeah, this is why a year. Or so naive.

Ada Sewell  18:43
oh, we had no idea.

Katy Weber  18:46
I decided I was gonna go off the medication. And so I really kind of, and I haven't felt like I needed to go back on antidepressants necessarily, but I do feel like now that I have this understanding about ADHD, and what the symptoms are, in terms of like, my executive function and my, my inability to focus and all of these things that I sort of feel like okay, now, I really want to tweak and play with ADHD medication. Yeah, but I know my therapist is like, but you tried for so long to get yourself off medication. I'm curious as to why you want to go back on it and, and it makes perfect sense to me. But so, right and because it just sort of feels like two different kinds of medication.

Ada Sewell  19:37
Yeah, I had a similar thing because um, my first round of being medicated, I was also taking an anti depressant slash. It was for mild depression and generalized anxiety. Just an SSRI and yeah, I was not eager to go back on that one because they do feel like two different kinds of medication to me like, the antidepressant definitely feels like a longer term thing that more so. I yeah, it like really affects those chemicals like over the long term versus like ADHD, which just sort of helps you to like, you know, get that dopamine, when it's important that you have it. Yes. Yeah. Versus like, this is something that you need to change, like more permanently over time. Which, yeah, when it came to that, and I'm all for medicaton, you know, for whatever you need. For me, though, I felt that I was comfortable enough with
like regulating the emotional stuff sort of on my own. But like you said, with executive functioning, that's kind of a different thing, where it's like, well, as much as I want to Will my brain into making the right chemicals? It doesn't seem like it's happening. So let's call in some help for that one.

Katy Weber  21:05
Right, exactly. And so, I've been asking every single woman I interview, you know, what is your experience been? Because I had, you know, I've heard so many women say, it's been life changing. And it's been so helpful, but I'm like, but how, you know, like, what is it, I need to really be able to figure out for myself, what do I need, first of all, and, and how do I feel like this is going to help me? So I basically, you know, I've asked, I've been interviewing women. And even when my doctor prescribed by Vance, she was, like I said, you know, I'm going to need some time to think about it and do some research. And she was like, I have a feeling you can't not try it. And I was like, I know, you know, I'll be back. And so it's sure enough, I've called him. I've called in the prescription, and I'm now just waiting for it.

Ada Sewell  21:50
So yeah, that curiosity gets you.

Katy Weber  21:54
Right. And I feel like there's so many different types. And I feel like at this point, it's less about my own sense of kind of desperation, and more just sort of tweaking for optimal performance.

Ada Sewell  22:09
Exactly. Yeah. And like you said,

Katy Weber  22:12
with an SSRI, that is, I mean, it is serious to get out and to wean off of that. You can't just like stop taking it like no vitamin, your brain will absolutely rebel against you. If you do. Yeah, yeah, absolutely. And so I does feel like with a lot of the medication, you'd sort of take it more casually, or just sort of out on an as needed project by project basis. At least that's how I'm thinking about it. I don't know if I shouldn't be thinking about it that way. But I'm very curious. And I am going to try it. And and I'm definitely asking everybody else what their heart because that's how I figure things out.

Ada Sewell  22:49
No, I totally understand. And yeah, hopefully it works out well for you. Because, um, yeah, I would say overall, it's, it's been a good thing for me, probably the most significant thing is like, it just lowers that. Sort of, you know, when you have something that you know, that you want to do or kind of need to do, but you're just like, I just don't want to start it. I just don't feel like for me, medication just sort of lowers that little like, area of resistance. And it's, it's so much easier for you to just go like, Okay, well, this is what I need to do. Let's just let's just get it started. And it kind of takes the hemming and hawing calling out of it for me. So that that is very huge.
Katy Weber 23:31
Yes. And I think that’s what I’m looking for. I think that’s two things I struggled the most with is getting over that hump. The hemming and hawing hub? Yes. The Triple H. All right. And then also staying on task, like sort of, you know, I feel like I need blinder to stay on task, because I have that tendency to sit down at my computer and then immediately get distracted by a notification. Yeah. Or something else. Shiny. Yeah. Right. Exactly. And so I’m like, if there was only something that could just really help me, and it sounds to me like the Adderall, vyvanse stimulants is are doing that for women. So

Ada Sewell 24:08
yeah, yeah. Hopefully, that’s your experience. Probably follow up and see how that’s working out for you.

Katy Weber 24:19
So let’s talk about your podcast. It’s called mindset rebellion. Yeah. And we’ve been doing it for a few months. Now. How’s that going?

Ada Sewell 24:27
It’s, it’s going well, I’ve actually taken a little bit of a break from it because I’m focusing a little more just on like, connecting with people face to face in my business. And I’m figuring out you know, the direction I want to take with it, but so it’s been a bit of a hiatus, but it’s still something that I’m really excited to do. And basically it’s all about Yeah, ways to start rewiring your brain by Changing your thoughts, which sounds very simple, and it is very simple. But I find that we, we haven’t really been taught how to just like coach ourselves. As humans, we haven’t really been taught how to just get ourselves through, you know, day to day situations, feeling calm and confident about it, especially, you know, as ADHD brained people. So I wanted to start that just to give a resource to start feeling more in control of your brain again, and to just have a better idea of how it works. So you can start getting it to work for you, rather than against you, like so many of us are used to.

Katy Weber 25:50
I love that. And I think that there are certain things I know, you know, for instance, I work in in anti diet coaching. And so I think that is a huge mindset rebellion for yes, we, you know, once you kind of, I often liken it to taking the red pill in the matrix, I mean, one can sort of see people who are living, and not trying to constantly be smaller, and still love themselves and are still healthy, that, you know, not only does it feel like you can’t unsee it. But but the importance of surrounding yourself with that message, and surrounding yourself in order to kind of steer that ship. Because steering that ship is not something you’re just gonna be able to flip around. Exactly. So I think I think about like how important it is to change your social media feed. And, you know, to lean into that, that natural desire to learn and to get as much information as possible. And I love the things you talk about in terms of like indecision, you know, and feeling. Because I think so often indecision and that feeling of impostor syndrome overlap when it comes to like, I don’t know enough yet to make this decision. And so we get trapped in that feeling of like, well, I just need to learn more, I just need to learn more and kind of when do you, when do you just take that step? And have learned enough?
Ada Sewell  27:20
Exactly.

Katy Weber  27:22
And how much more do you need to kind of immerse yourself to have that mindset shift?

Ada Sewell  27:28
Yeah, yeah, cuz I find that whenever your brain is telling you, you know, you don’t have enough yet. Like, you don’t know enough, you don’t have enough experience. I haven’t done enough research. Whenever my brain gives me like that statement. I always like I’ve gotten into the habit of asking, okay, well, how will I know when it’s enough? and magically, my brain never has an answer for that. It’s like, oh, okay, so you were just planning on telling me it was not enough. And it was never going to be enough. But we don’t even have an idea of what enough would actually be. So yeah, it’s, sometimes you just have to decide that, whatever it is, is enough. Because usually it is usually you already have plenty to at least, like take the next step. But when we, you know, I think a lot of us with ADHD, we have a hard time just seeing what’s right in front of us. And we try to see the entire picture. So when we think like, Oh, I don’t know enough, it’s like, okay, maybe you don’t know enough to like, make the whole thing happen, like in a week, but you know, enough to like, do the next part of it, you know. And it’s so easy to forget that though.

Katy Weber  28:44
We’re so impatient to I mean, I think that’s another issue. Like you said, like, if once I start something I have to be expert level in 24 hours, otherwise, I’m going to give up.

Ada Sewell  28:56
or else that’s a massive waste of time. Right. Right. Exactly.

Katy Weber  29:00
And so I think we, you know, we have that impatience. We also require positive feedback, which you don’t get immediately.

Ada Sewell  29:10
Exactly.

Katy Weber  29:11
And I love what you said about like, seeing, needing to see that big picture, like the but how how, like, you know, like, I was talking about medication, you know, or just like, I think we’re such puzzle solvers.
Ada Sewell  29:24
That’s a good way to put it. Yeah, it’s just like, I think part of it might also be like, a bit of a safety thing. Like we want to have that reassurance that it’s going to work out and that it’s not just going to be another thing that like we try and then ultimately, like, quote unquote, fail at and have to, like face the disappointment that comes with that. So yeah, I think it’s a really complex thing. Yeah. Where it’s, there’s all of these like, sort of fears and anticipations like, tangled up together that yeah, it makes it really hard to just take little steps.

Katy Weber  30:02
Yeah, because I think it’s, it’s true. Like we do spend so much of our lives into adulthood pre diagnosis, just throwing things against the wall. I mean, I think that’s really kind of our natural state. Yep. And right, and so it makes sense why we would desperately be looking for that, but but how like, you know, desperately looking for not only our personal validation in terms of who we are, but then looking for validation and other elements of like, success and business and what we’re doing, is it all worth it? So now you like you like to work with creatives? I do. And what do you feel like? How do creatives specifically struggle the most in their business? What do you find? Yea, struggle with the most? Yeah,

Ada Sewell  30:56
I think the biggest thing is just, um, we tend to tangle up, you know, our own identity with our work. And separating that is really, really hard for a lot of people. So it makes it really hard to just put yourself out there, right? Like, when you’ve got this, this project, let’s say, maybe it’s an album, or a book or something like that, that you’ve spent all of this time working on. And it means so much to you. And there’s so much of you in it. And the idea of putting it out there for the cruel world to see and pick apart and judge. It’s really excruciating for a lot of people. And a lot of people don’t even really think that they can really follow through on those big dreams, because they already think like, I couldn’t even handle like all of the criticism that would come with that, you know, because you know, especially like a lot of people who identify with rejection sensitive dysphoria, and have a hard time just hearing anything that isn’t positive or anything that seems kind of harsh. I feel like that’s the biggest creative battle as far as like, you know, getting a business off the ground goes. And then there’s the usual stuff, like, how do I even get this started? How do I schedule myself? How do I actually, like get things done? So I’m not just staying stuck for months at a time. So yeah, it’s a, it’s a lot of little things that pile up with each other with creatives.

Katy Weber  32:47
And I think, also struggling with the fact that our self-worth can be our self-worth is tied to income. And that can really, I think there’s a lot of ways in which you struggle with that idea, because money is not necessarily of worth to you. Right, but at the same time, also feeling like you deserve to be paid.

Ada Sewell  33:15
Exactly. Yeah.

Katy Weber  33:17
And so I think, you know, when you when you talk about self-doubt and imposter syndrome, I certainly struggle with
And so I think, you know, when you talk about self doubt, an imposter syndrome, I certainly struggle with that. I don’t even really consider myself creative in terms of like, artistic, you know, my, what I do is not necessarily artistic, but I think, you know, I struggle so much with, with how much should I be charging and what is my, you know, my self worth is so tied to my income, whether I like it or not, and it really affects my decision making. And so I think if I was, and that’s just for coaching, I couldn’t even imagine the extra level of self doubt involved when you are actually creating a work of art.

Ada Sewell  33:59
Yeah. And, you know, I think that coaching kind of is a work of art, though, I think you are a bit of an artist.

Katy Weber  34:08
I think there’s waiting for that. Like, there I go. I’m like, self deprecating, it’s, I’m hearing it coming out of my mouth.

Ada Sewell  34:16
So okay. It’s an it’s so easy to do. Yeah, your medium is like human thoughts and emotions. Yeah, but Yeah, it is. It is hard to like detach your self worth from that dollar amount. Because, first of all, like so many of us that like want to help in some way. It’s like, I would do it for free if I could, but you know, that’s not gonna work. So,

Katy Weber  34:43
I think I think society in general is set up to exploit that mentality.

Ada Sewell  34:49
Yeah, absolutely. haddish Yeah.

Katy Weber  34:53
syndrome, you know, exactly. We are set up in such a way that that that mentality as people grab it that immediately and take advantage of that.

Ada Sewell  35:03
Yeah. And yeah, there’s like this sort of, like, guilt trip in the air where it’s like, oh, well, why would you charge money for something that, you know, comes from your soul? Or that’s supposed to help people? But yeah, and as far as like the self worth part of it goes, I think it’s just, I don’t know, I think it’s important to just be really honest with yourself about like, what’s actually going on. Because I think we sort of tell ourselves, like the story that money means all of this stuff, and that it’s an indicator of how much we’re worth as people and all kinds of stuff like that. But, you know, none of that is true. Like, as far as humanity goes, we’re all worth exactly the same thing. You know, we all have inherent worth. And yeah, for me, it helps a lot to just remind myself that money is just a physical symbol of value. And that, it doesn’t really mean anything about me as a person. It’s just, it’s just the value of my work, which is a
separate thing for me. And that's a lesson that I'm still trying to, like really internalize and really learn. But, you know, hopefully, that that helps someone just maybe struggling with something like that, just to remember that. It's, it's just money, like it's important. It's helpful in the world, but it doesn't mean anything about you. Like there's no way to like, judge your worth. With dollars as far as your worth as a human on Earth goes right.

Katy Weber  36:45
I think that also ties into shoot. I lost my

Ada Sewell  36:51
train of thought; sorry, I kind of rambled through that.

Katy Weber  36:53
No, no, it's fine. I really try hard not to interrupt.

Ada Sewell  36:57
No, it's okay. If you want to interrupt also, I totally don't mind.

Katy Weber  37:02
No, but I should I, what I should be doing is like, I'm sitting at my computer. So I should be taking notes when I have a thought. And so I could come back to it. Because that's what I always really, you know, feel like it would be important, but then I feel like I'm not listening.

Ada Sewell  37:15
I get the same way. Yeah, I feel Yeah.

Katy Weber  37:19
But it's so funny, because I have these moments in the podcast where you know, ADHD happens. And then I feel like I should let you know, if you lose your train of thought, that's part of our life. So I should, you know, like, I need to edit those out. I'm like, No, no,

Ada Sewell  37:36
I always do the same thing. I'm like, when I'm tempted to edit something out, I'm like, you know what, someone is going to really relate to this part and appreciate it. So let's just leave it in.
Katy Weber 37:46
Oh, well, maybe it'll come back to me. I think it was a I think it was when you were talking about inherent self worth. And yeah, it was just reminding me of sort of what we were talking about in terms of growing up and feeling like there was something that we there was something we weren't doing, you know, that we needed to change in order to find our true selves, that we weren't in a state of self acceptance. From early on, you know, and I think that if that had been, if we had grown up in a state of self acceptance, I think that would have really positively affected how I look at certain situations, you know, but I think when you have ADHD, and you have you felt like you've been misunderstood, especially in your formative years, there's that sense that like, I am doing it wrong, even though I don't know what right is. And how that affects your decision making in so many ways.

Ada Sewell 38:42
is so real. Yeah. So much to unpack so much. Yeah. And just like, yeah, that sense of like, Oh, I have to, like, earn my worth, like I have to do things in order to be worthy. And it's like, no, that's not how it works. It. That's how we've been sort of programmed to think but that's not how it actually works.

Katy Weber 39:03
Yeah. So what are some things that you love the most about ADHD? Especially when it comes to your, your business? How has it helped you?

Ada Sewell 39:14
Yeah, I, I love how much I just love to learn. It's so much fun for me to like, do research on my clients and to just listen to them and just open up space for them. And like, I love that my job is to just like sit and like listen to a person and like, kind of keep track of like, the questions that pop up in my head and asking them those things. And because I think I think with ADHD, my brain kind of goes to like some wild places. So I feel like my job as a coach is to see really amazing high possibilities for people. So when I look at someone who doesn't believe that they could run a successful business, I just get to look at them and use my imagination to like, form this picture of like, no, I totally see you running a business. And it's even bigger than you think it could be right now. And you're doing all of these cool things. And actually, have you thought about doing this as well. It's just like, getting to come up with fun possibilities for people. And being really excited about that, and getting to share that excitement and get my clients excited about it. Yeah, I think that's, that's probably the best part for me is that I get to use my imagination in such a tangibly effective way. Because I literally didn't think that this was like a career possibility, even like five years ago. So yeah, being able to apply it in that way. It's just, it's so much fun.

Katy Weber 41:03
And like you said, when your brain goes to some strange places, I think that is 100% ADHD in terms of making connections when other people might not see them. And that's why we jump from topic to topic and mid conversation. And people are like, what does that have to do with my dog? And you're like, Oh, great.

Ada Sewell 41:26
It's like I'm sorry, I like made all of these other leaps, like in my head in the past five seconds. And here I am. Are you
It’s like, I’m sorry. I like made all of these other steps, like in my head in the past five seconds. And then I’m like, are you still back there?

Katy Weber  41:34

Yeah, exactly. Right. I definitely see that as a superpower for sure. As long as the other person could kind of trace your steps and keep up.

Ada Sewell  41:42

Exactly, yes. I highly encourage anyone with ADHD to hone in on what they love the most from their diagnosis, and to just see how you can work that into your everyday and like the things that require a lot of a lot of drive and a lot of time and like consistency. Just being able to tap into like that natural gift and finding a way to like, let it propel you forward. It makes a very big difference.

Katy Weber  42:15

So just in terms of a timeline, you were diagnosed three years ago. So you’ve shifted your coaching to work with ADHD women since your diagnosis correct word or, or did you start coaching? As somebody with ADHD?

Ada Sewell  42:30

Yeah, I actually did start as someone with ADHD, that wasn’t always my niche. And yeah, deciding to focus more on ADHD people was a pretty recent decision. Just because, you know, it’s what I know, when I wish I had had a coach. It’s so many points. So yeah, be the change you want to see.

Katy Weber  42:54

Yeah, that has helped me immensely. And just in terms of realizing how, I mean, I always loved coaching, and something I did. And it’s something I saw value in, but I always spent so much time fearing that nobody else saw value in it. And so I think now I’ve been able to see with much more clarity, how important coaching is for so many different types of people, and and why it’s so important to me. And I think that’s really helped me in my own business and how I relate to clients. And I’ve been very curious, I want to sort of pivot toward women with ADHD. But I also feel like I’m already serving women with ADHD, because if they’re finding me interesting, and if they’re listening and relating to me, yes, and they’ve secret they just don’t realize they have. There’s a lot of people, I want to go back and call them and be like, hey, so this test, right? So I’m sort of at this. And that’s kind of why I’ve taken this side route with this with this podcast, as I’ve just this is my hyper focus right now. And I’m like, so fascinated with everybody, but I’m really looking like, do I want to specifically work with people who know that they have ADHD? Or do I want to continue working with people who probably have it don’t have any idea? And we’ll deal with that later?

Ada Sewell  44:14

Yeah, that I think is great to
Katy Weber  44:17
work with. Anyway, but I think I'm sorry, I just meant like, I think it would be great to work with women who already have that, like, they have their glasses are on, you know what I mean? They've taken the red pill.

Ada Sewell  44:27
Yes, they're all they're all doctored in already. No, I feel it's like, it's hard to like, decide if, because I kind of had a similar thing where I'm like, do I want to say ADHD? Or do I just want to like, assume it my ADHD, we'll just call in those people anyway. But yeah, I think there is something to like, really letting those people know like, I'm here for you. Like, it's not a requirement for you to have ADHD to work with me. But you know, if you Do you have it? You're, you're gonna resonate with someone that has ADHD probably. Anyway, so

Katy Weber  45:07
Yeah, I know. Do you ever listen to Tracy out sukkos podcast? The

Ada Sewell  45:12
I actually haven't listened to her podcast yet. I'm in her facebook group.

Katy Weber  45:17
Oh, it's great. I mean, she's she was the first podcast I listened to. As soon as I was diagnosed, I typed women and ADHD into Apple podcasts. And she came up, which is why I called my podcast women and like,

Ada Sewell  45:35
make it easy for us. Yeah. Right.

Katy Weber  45:37
So but one thing I love that she always says is, you know, if we're friends, you probably also have ADHD because we find each other interesting. And

Ada Sewell  45:48
yeah, yeah, you've got those moments where you relate on like those little weird, quirky ADHD things. And you're like, Oh, my God, no one ever, like understands me when I bring this up. So yeah, it's easy to bond over those, those little things that you thought made you weird.

Katy Weber  46:05
So when you were researching your own ADHD, what were some of your favorite resources? Were you uh, did you listen to books or read books? Or podcasts? or?

Ada Sewell  46:17
Yeah, I was actually a big redditor back when I was first doing my ADHD research because, um, I really value just like, people talking about that kind of stuff in a really conversational way. I don't think I was listening to like a lot of podcasts in general, back then. Or else, something like this would have been perfect. Just like two people talking about their ADHD would have been amazing. But yeah, like lots of Reddit and message boards and just watching people like, asking questions about it, and then seeing all these different perspectives on it, I think was probably the most helpful thing for me.

Katy Weber  46:59
Yeah, yeah. Now the Reddit board is great. And I love tik tok as well. Oh,

Ada Sewell  47:07
I'm afraid of tic Tock your bro.

Katy Weber  47:09
I was just, I know, I was just gonna say like, I deleted tic Tock off my phone and swore off of it. Because I saw it was like heroin. I was like, No, no, not like, I can see. Yeah, this is not gonna end well.

Ada Sewell  47:21
That's hilarious.

Katy Weber  47:24
Exactly. But then I had heard so many people talking about how it was this really great, informative community. And I was like, Oh, let me check it out. And now I'm at the point now where I'm like, Yeah, I need to delete this off my phone again. Oh, no, it's too good. It's too much. You know, and then you get every once in a while you get you get hit with a video that's like, put your phone away. You've been on? Like, God, it's so meta. Don't judge me.

Ada Sewell  47:59
Yeah. But it is, I think it is for somebody. If somebody is still kind of, in the research phase, I think it's definitely helpful.
There's a really great, yeah, there. Because there's such I think it's so important with ADHD to you know, once you get past the oh my god I've seen, I think it's so important to just have a sense of humor about it. And to sort of realize, like, this is actually the best thing that's ever happened to me. And, you know, like, this is why I'm so great. You guys, I remember saying this before where I was, you know, I felt like, for a long time, my life was this overarching narrative of failure. And every once in a while, I would have these momentary, you know, momentary, like detours of non failure, where I would get things done. But in general, I'd looked at myself in this overarching sense of failure, and now it's like, oh, my goodness, I'm completely rewriting how I look at myself, and how I view my own productivity. And it's been better than any SSRI. I can tell you that.

Ada Sewell  49:03
Absolutely. Yeah. And that's really it is just like changing the way you tell yourself that story. Because, you know, when things when things happen, they just happen. It's just like, basically neutral things happening in the world. And then it's like, we decide how to, you know, think and feel about those things. So, yeah, being able to approach that with a sense of humor and fun and curiosity. Like you can't be amazing all of the time. But when you can have that outlook more often than not, it makes it so much easier to just; yeah, not take it all so seriously, and to not make it feel like such a big problem. And instead, yeah, it's this really cool thing that like, Oh, hey, I've got this awesome brain that does weird things that really come in handy. And yeah, I'm all

Katy Weber  49:58
about it, right? You're like, I look Now I'm surfing. Exactly. I'm

Ada Sewell  50:02
a pro surfer.

Katy Weber  50:03
This wave is 50 feet tall and I'm fine. Okay, so we've talked a lot about your coaching. But let's talk details. How can How can clients find you? How can they work with you?

Ada Sewell  50:14
Yes. So you can find me. My website is ada school.com. I would spell it out, but I'm sure it'll be in the show notes or something. It will.

Katy Weber  50:26
Although it's funny, because when you see your name without a space, yeah, my brain goes to a daze. Well, that's an interesting URL for her.

Ada Sewell  50:40
That's hilarious. Now I do this. I do the same thing all the time. Like, especially like if something's in all caps. I'm like, I can't tell which word I'm supposed to stop at here. But yeah, I met@school.com. From there, if you are curious about working with me, you can get on my email list. Or you can just go right to getting on a call with me. I'm happy to talk to people who just, yeah, creatives and entrepreneurs who feel like they're struggling when it comes to making really great progress on their projects. And yeah, I would love to help you see that. It doesn't have to be such a struggle. It can be kind of fun and interesting, even though it's challenging. So yeah, eat a soul calm. And, yeah, I'm also on Instagram and Facebook. Coach Ada soul.

Katy Weber  51:41

on Instagram coach Ada Sewell. Yes. I will link to that I highly recommend you go and watch some of her other watch some of aidas short videos. They're very ADHD friendly, but they're fantastic. And very relatable.

Ada Sewell  51:59

Thank you. Yeah, try to definitely keep it like digestible.

Katy Weber  52:05

I Well, I feel like you have been coaching me today. So thank you.

Ada Sewell  52:08

I appreciate it. Likewise, this has been amazing. I know, I always love talking with other coaches, because I feel like we just get to learn from each other. And then audience hopefully benefits too. And, yeah, they acknowledge party.

Katy Weber  52:23

Yeah, exactly. And why I sort of why I started this, because I learn so much from talking one on one with other women, especially, you know, bright and interesting entrepreneurs. And it's been so just magical learning all of this stuff, and meeting all of these women. And so I'm really having fun with it. And

Ada Sewell  52:43

I'm so glad and I'm so glad you're doing this because it's it's been an amazing resource already, just like in the short time that you've been doing it. And I am so excited to see where it goes for you. And yeah, I'm really happy that you started this. So thank you.

Katy Weber  53:02

Thank you. Yes. Yeah, like I said, I'm still struggling with the lack of immediate feedback. That sense of like, okay, I launched my podcast, why don't I have 100,000 followers yet
Ada Sewell  53:17
where the millions of people I don't understand.

Katy Weber  53:22
So it has been very much a lesson in like, just keep your head down and keep doing what you love doing. Actually good things will come out of it.

Ada Sewell  53:30
Exactly. Yeah, just as long as you’re figuring out ways to have fun with the process. I feel like that’s the most important part and the rest will totally work itself out.