

# The ADHD Student Group

If “try harder” worked, your university studies would be a breeze.



## Our brains are different.

We need different approaches to manage our time, organise our studies & lives, and build habits that actually stick.

**Join us online for 8 focused weeks of tools, accountability, and stress-busting strategies BEFORE exam/thesis submission season hits.**

## Course Highlights

Meet Deadlines

Beat Overwhelm

Build Motivation

Stop Stress Spirals

Plan Ahead

Banish Procrastination

Rebuild Confidence

Focus

Sustainable Habits

### 8 weeks. 8 themes

8 x 1hr online sessions run by **Casey Anley and Tawni Voges** – ADHD coaches who know what it’s like to live with ADHD.

**PLUS:** Bonus 1:1 private online session to help kickstart your shift towards confident studies.

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**for info &**  
**updates**

