

ADHD WORKING PROFESSIONALS

Ever feel like you're capable of more... but work (and life) still feels harder than it should?

IS THIS YOU?

- You're always busy - but not closing the loop to finish things
- Feel like you're constantly one step away from dropping the ball
- Knowing what needs to be done, but struggling to take action
- You're exhausted from hiding your struggles from people

LET'S WORK ON THIS:

Join us for **8 focused weeks** of online, small-group coaching.

- ADHD-friendly tools & strategies
- Led by ADHD coaching specialist - with their own ADHD brains!
- **BONUS:** 1:1 private online coaching session.

CLICK HERE to
join a free
Q&A to
learn more.





**8 WEEKS,
8 THEMES:**

ADHD COACHING PROGRAMME

1. Understanding the ADHD brain

Why we need a different approach.

2. Time & deadlines

Time blindness, and how guardrails save us.

3. Planning & prioritising

Work on what's important, when it needs to happen.

4. Organisation systems

Techy & old-school - tools that actually work.

5. Focus & procrastination

The myth of motivation, and tools get started, and finished.

6. Stress & energy

Emotional regulation & working with the energy you have.

7. Rebuilding your confidence & self-trust

Managing our ADHD knocks us. Get out of Struggle City, and learn to be kinder to your brain.

8. Habits & routines

Pulling it all together PLUS How to make new habits and routines stick.

