

Pick My ADHD Brain

Individual Sessions

Cost £100

(Payment in advance of the session)

Duration: 45 mins – 1hr one on one Zoom call where you can ask me anything you want about ADHD

While it might be the most searched four letter acronym in the world, for many the “limitless” information out there on ADHD can be confusing and overwhelming. This is where I come in; with my expertise I demystify ADHD and share my own ADHD journey to best support you in navigating the path ahead for you or a loved one.

***Educational and Business organisations:** Note that I collaborate with SEN leads n along with heads of HR to hone the format that works best for me to deliver a *Pick My Brain* session, be it in the form of an interactive talk or a dynamic workshop; in person or online.

A breakdown of what I share/ we can explore in a session:

- My personal experience of and journey with ADHD
- The neuroscience fundamentals of ADHD, explained in a way that is comprehensive and accessible (Executive Function and Emotional Dysregulation)
- Decoding the complex symptoms from acute sensitivity (Rejection Sensitive Dysphoria) and “zone out” to “hyperfocus” and hyperactivity
- The co-occurring conditions with ADHD
- What to do with suspected ADHD/ the next steps post diagnosis
- Medication and alternative treatment options and strategies to deal with ADHD
- Access to key resources to empower you as you build an ADHD game plan

Testimonial: *“I was in a state when the school told me that they suspected both my children had ADHD, overwhelmed by the years long wait lists assessments and the widespread shortage of medication. Kate made me feel so less alone and empowered me to come up with an ADHD game plan.”* Kate, office manager

Laser Coaching

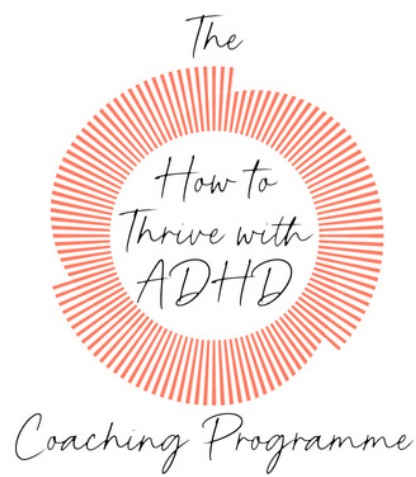
Cost £50

(in advance of the session)

Duration: 30 mins

I offer these 30 minutes sessions to those who have already completed the How to Thrive Coaching Course. These sessions are specifically designed to help you focus on something that you want to change or be different in your life, enabling us to partner in highly focused way on specific challenges. It's a session for those ready to move forward and just GET IT DONE!

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18+
The **HOW TO**
THRIVE WITH
ADHD
Coaching
Programme

Courses / Programmes

Total Cost: £850

Initial Investment: £580
+ 3 payments of £90
(monthly)

Duration: 9 Sessions of Coaching over 3 months

Our coaching partnership begins with a virtual 90mins Psychoeducation & Planning and Strategy session.

In this session we establish where you are with your understanding of ADHD and ensure any gaps are filled to ensure that you feel confident in your knowledge of how the condition affects the brain/mind and the body, working through effective and practical exercises. You'll gain a deeper awareness of how ADHD affects each area of your life (from nutrition and exercise to your work environment, daily schedules, relationship dynamics and sleep routine) so that you're empowered to take practical steps to better manage living with the condition.

We then explore where you are right now and how you envision your future. In this powerful process we identify the specific challenges that you are experiencing and what you want to change in your life (goals big and small). We push through the things that you might believe are your weaknesses, digging deep to uncover your passions, strengths, skills, and value as you gain clarity on how to align them with your goals and where you want to be.

The purpose of this process is to build a clear roadmap for the direction and focus of our ongoing sessions, setting you up for meaningful growth and progress during the How to Thrive with ADHD Coaching Programme.

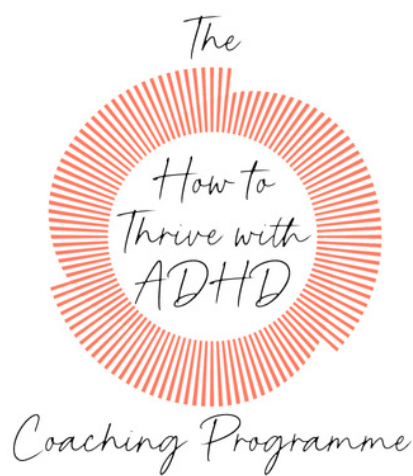
Over three months of coaching we accelerate your self-awareness, uncover what has been holding you back. We brainstorm and hone tailor-made solutions and unique strategies with the aim of motivating and moving you forward to bridge the gap between your current experience of life and how you wish it to be. Through this partnership and the inherent accountability of the coaching process, you are empowered to make significant changes to your life, with lasting results.

- x1 x 90-mins Psychoeducation & Strategy and Planning Session
- x1 x 60 mins Psychoeducation & Strategy and Planning Session Feedback Session
- x6 x 60 mins Transformative Coaching Sessions
- x1 x 60 mins Check in on way forward: option to continue coaching with the maintenance package (below)

Examples of Exercises used and “check ins” during coaching:

- The Life Balance Wheel for prioritizing and planning
- VIA Character Strengths Finder
- Core Values Assessment
- Access to numerous resources: workshops, articles, home exercises to support your progress as necessary that are especially geared to support those with ADHD (Domains of Dysregulation: covering, notably: emotional dysregulation; time management; planning; motivation)
- A bulleted list of the actions you decide to set yourself at each session after each coaching session
- In between sessions, you will receive one scheduled check-in by text/email for support and accountability if required.
- Reminders via email to ensure you are ready for your coaching session

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Follow on Programme

**The
How to Thrive
With ADHD
Monthly
Maintenance
Programme**

Cost £100

(monthly)

£180

(fortnightly)

£320

(weekly)

Note this package can be automatically billed monthly until you unsubscribe.

Duration: x1 60mins session with option of

- **Monthly (x1)**
- **Once a fortnightly (x2)**
- **Weekly session (x4)**

As needed, weekly check-ins for that additional level of support.

During these sessions we work to maintain what you've achieved while continuing to lean in to using your strengths, creativity, passions and talents to leverage reaching what's next for you.

FAQ

Why a commitment up front:

Making this commitment leads means you are more motivated and focused to make the Programme matter. It's also more cost effective to purchase a package of sessions.

Why 9 hours of sessions:

In order to give you the best opportunity to realise the change you wish to achieve you are more likely to start to see improvements after 9 sessions together.

How long is each session:

Each coaching session is 45 – 60 minutes depending on what works best for you. You are able to contact me via email in between sessions.

Why the coaching course is 3 months:

It is recommended that you complete all coaching sessions within this time frame to gain the full benefit of coaching.

What happens if I miss a session?

If you do not turn up to a session and have not notified me in advance then unfortunately that session will be forfeited. I appreciate schedules change so as long as you notify me/ reschedule your appointment with at least 24 hours' notice then the session will be honoured no problem.

What happens if at the end of the coaching program I want to continue coaching with you?

Absolutely! See the options for follow on courses/ individual session.

Book in for a complimentary 30 min Zoom

- **Book in through Calendly** to schedule a session with me
- Take the opportunity to ask me any questions about the How to Thrive with ADHD Coaching process and explore how coaching could work for you / someone you care about
- Ask me queries about how to best deliver a ADHD awareness session for your educational institution / business

**Let's schedule
a chat**

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