



Kate Horne **Certified Life Coaching & ADHD Expertise**

An overview of the clients I partner with

Those that have reached a “Tipping Point”

I partner with people who have reached a decision to shift things in their life, often when circumstances have changed for them. I am specialised in supporting those for whom the symptoms of ADHD have become untenable.

These clients include (but are not limited to) those who are:

- Fresh from a diagnosis of ADHD
- Starting a demanding new job/wanting to change their career path
- Navigating the challenges of first time motherhood
- Emerging from a relationship break-up/job loss
- Facing the realities of an ‘empty nest’

I have the tools to empower you to reset and go forward, forging new habits and behaviours that serve you better: working with you to manage your executive function skills and identify the challenges you face with self regulation. We work to shift life-long negative mindsets (such as impostor syndrome) so that you are able to finally feel ‘good enough’. For those with ADHD this is often a process of making peace and ‘working with’ your unique brain in a way that you never imagined possible, inspired to be the best version of yourself.

Women 40+

Our society fails to support women to enjoy optimum health at this key stage of life. Many women feel vulnerably unprepared to identify and manage the symptoms of the perimenopause. They are keen to have a greater awareness of the link between ADHD/ADHD symptoms and hormones, to understand the brain fog, mood swings, difficulties with concentration and forgetfulness that they are experiencing. Women want to be empowered to articulate this experience, both to themselves and to others. I work with my clients to achieve this, to build back self esteem and to create a road map for the path that lies ahead. I set out to work with you to foster a greater sense of agency, to be emboldened by a new awareness of what you are no longer prepared to tolerate. I partner with my clients to maintain new boundaries once they’ve been put in place and set you on your journey to become a more confident and compassionate self-advocate, leaning into your purpose and a life filled with more of the things that bring you joy. We work together to see you prioritising your optimum physical and mental wellbeing - from exploring ADHD medication/management, nutrition, HRT and suitable supplements to considering the most effective mindfulness techniques, movement exercises and healthy sleep routines.

Students Age 16+ with ADHD

I know the struggles of structuring revision timetables and coursework tasks with an ADHD brain: I partner with you to hone the best way to approach your GCSEs/A-Levels/university exams that works for YOU. I have the tools to hack procrastination and also tame pesky, ruminating thoughts. I set you up to thrive, not just at your current studies but at life beyond them with knowledge of: precisely how your brain learns and processes information; what environments are most conducive to you succeeding; how you can achieve balance in your daily life and better advocate for yourself and your unique brain (at home, school and socially). We work together to ensure that you’re on track to be money-smart and a winner in any battles with screen time that might be holding you back from reaching your potential. We also hone in on the jobs that are best suited to your ADHD brain so that you have this invaluable knowledge to plan for your future.

Parents, Employers & Employees with ADHD

The roles of parent, employer and employee all have their own particular struggles when ADHD is thrown into the mix. It’s hard enough to manage yourself, let alone others when you’re challenged with executive functions, problems compounded when life partners, work colleagues and offspring alike also have ADHD.

I work with parents who want to better self regulate both themselves and their loved ones, partnering with these clients to bring more order, balance and calm to home life.

Businesses engage me to bring my awareness of the optimum environments in which ADHD brains thrive.

During confidential one-to-one sessions I support clients to improve communication, time management, organisation, emotional regulation, procrastination and focus. I empower you to overcome any challenges you might have with impostor syndrome as well as fostering an ability in you to set realistic goals and manage work expectations, equipping leaders and employees alike with strategies so that they can be more creative, productive and truly thrive at work.



A game-changing, holistic & integrated Life Coaching Programme

16+
The **HOW TO
THRIVE**
Coaching
Programme

Total Cost: £850

Initial Investment: £580

+ 3 payments of £90
(monthly)

9 Sessions of coaching over three months:

Note:

- I adapt *The How to Thrive Coaching Programme* to best fit my clients (as outlined on page 1) unique needs
- For some the major focus will be on ADHD; for others it won't be a factor
- I take ALL clients through these **THREE FUNDAMENTAL STEPS**:

Step 1.

We explore together where you are **RIGHT NOW** and how you **ENVISION YOUR FUTURE**. During this process we identify the specific **CHALLENGES** that you are experiencing and determine what you want to **CHANGE: 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 **VALUES** as you gain **CLARITY** on how to align them with your goals and **WHERE YOU WANT TO BE**.

Step 2.

I work with you to establish your current **"LIFE WHEEL"**: In this invaluable and life-changing "joining up of dots" process you'll gain a greater awareness of how you are currently doing (**MIND & BODY**); how you are **MANAGING** and **REGULATING EACH AREA OF YOUR LIFE** - from **NUTRITION** and **EXERCISE** to your **HOME/WORK ENVIRONMENT**, from the **STRUCTURE** of your day to the dynamics of your **HOME/WORK RELATIONSHIPS** and **SLEEP ROUTINE**.

For those with ADHD, I integrate into this Step 2 process a **PSYCHOEDUCATION** session which affords you a deep understanding of just how **ADHD** is impacting **EACH ASPECT OF YOUR LIFE**, empowering you to build up your unique **"ADHD SIGNATURE"**.

On these **SOLID FOUNDATIONS** we build a **TAILOR-MADE & STRUCTURED FRAMEWORK** that helps drive you towards your **GOALS**. Over three months of coaching we accelerate your **SELF-AWARENESS**, uncover what has been holding you back and brainstorm solutions and unique strategies that will move you forward to **BRIDGE THE GAP** between your **CURRENT EXPERIENCE** of life and **HOW YOU WISH IT TO BE**.

Step 3.

Through the **ACCOUNTABILITY** of our coaching partnership we collaborate to tweak tools and strategies, enabling you to **RESET** yourself if/when you find yourself going off course. We work through barriers to achieve **POSITIVE & LASTING RESULTS**.

Structure of sessions:

- x1 x 90 mins **STRATEGY & PLANNING SESSION: "LIFE WHEEL"/ "ADHD SIGNATURE"** (note this session integrates psychoeducation for those with ADHD)
- x1 x 60 mins **FEEDBACK STRATEGY & PLANNING SESSION - "LIFE WHEEL"/ "ADHD SIGNATURE"**
- x6 x 60 mins **TRANSFORMATIVE COACHING SESSIONS**
- x1 x 60 mins **"CHECK IN" SESSION**: agreeing on the way forward: option to continue coaching with the maintenance package (see next page)

Examples of Exercises used and "check ins" during coaching:

- **"LIFE WHEEL"/ "ADHD SIGNATURE"** workbook
- VIA Character Strengths Finder - Core Values Assessments - VARK Learning Style
- A bulleted list of the actions you decide to set yourself 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
- For those with ADHD: access to numerous resources: workshops, articles, podcasts and exercises to support your progress (as necessary) that are especially geared to support those with ADHD (notably understanding ADHD: dysregulation, Rejection Sensitivity Dysphoria; time management & planning exercises; boundaries, tolerations, motivation, procrastination and impostor syndrome deep-dive tools)



Follow on Programme

The
How to Thrive
Monthly
Maintenance
Programme

Duration: x1 60 mins session with option of

- **Monthly (x1)**
- **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.

Cost £100

(monthly)

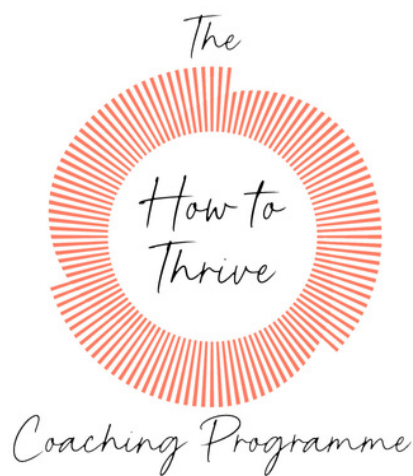
£180

(fortnightly)

£320

(weekly)

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



Other sessions I offer

Pick My ADHD Brain

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 SENDCO leads 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:

- Personal experience of my 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.”* Sam, 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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Check out my website

Find out more

- **Check out my website: www.kate-horne.com**
- Learn about my qualifications & expertise
- Find out about my journey with ADHD
- Read testimonials about my coaching
- Email me through the contact form on my website

Let's schedule a chat

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 Coaching Programme* 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

FAQ

The How to Thrive Coaching Programme

Why a commitment upfront:

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

Why 9 hours of sessions:

It gives you the best opportunity to realise the changes you wish to achieve and 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.

Why the coaching programme has to be done over 3 months:

It is recommended that you complete all coaching sessions within this time frame to gain the full benefit of coaching and see the positive results become lasting ones.

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