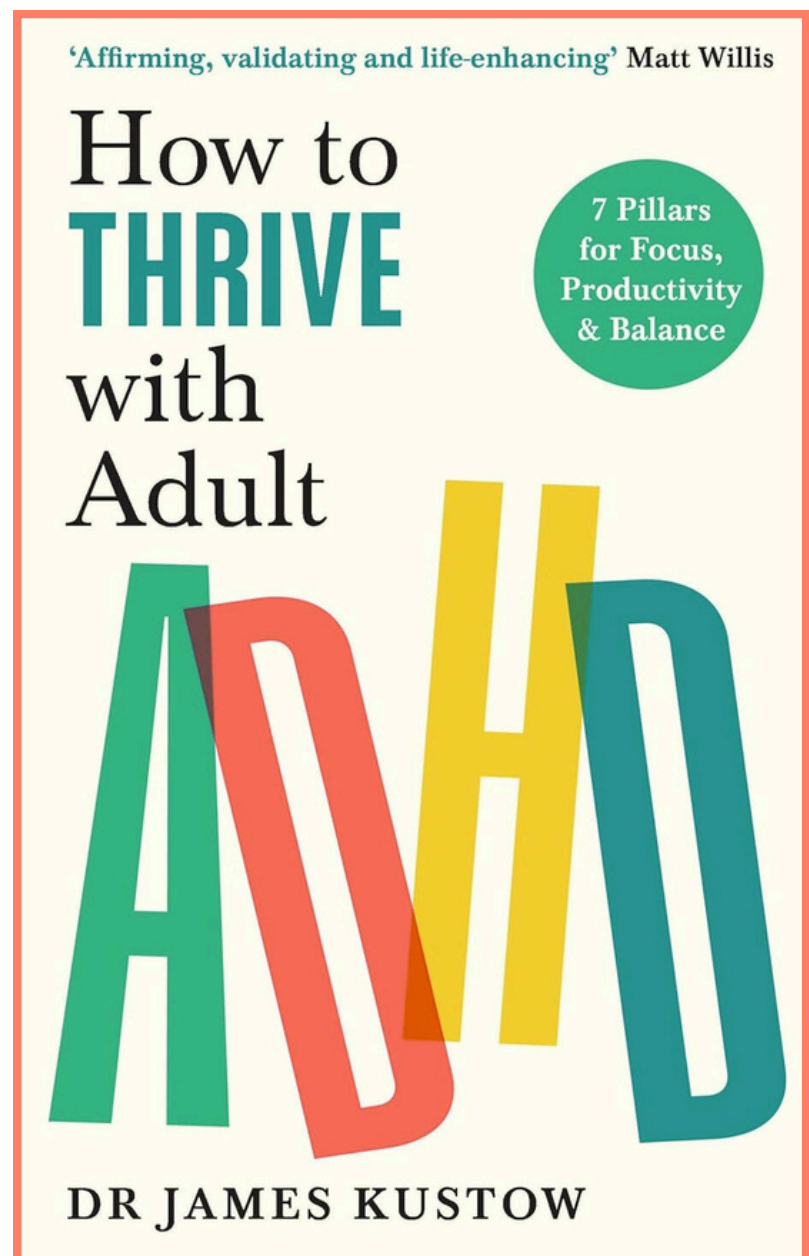


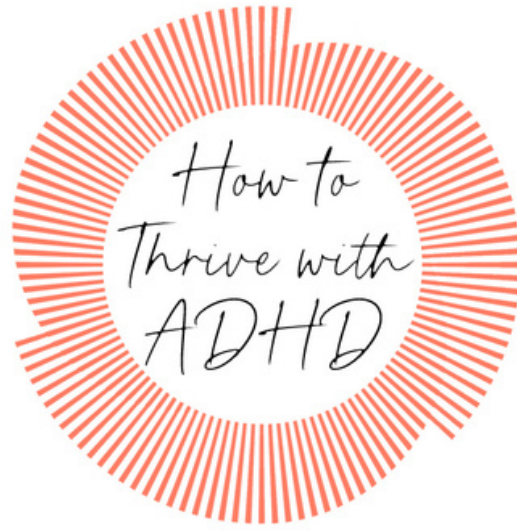


**MAP OUT
Your
'ADHD+ SIGNATURE'
with
CERTIFIED ADHD LIFE COACH
AND ADHD+ EDUCATOR**

KATE HORNE

**The
FIRST
COACHING
PROGRAMME
aligned with
DR JAMES KUSTOW's
GROUNDBREAKING,
globally BESTSELLING
book,
"How to THRIVE
with Adult ADHD"**

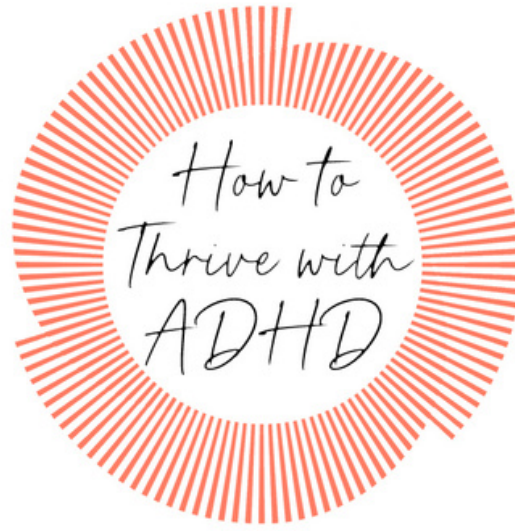




**Are YOU ready to shift things in
your life to THRIVE?**

**If the answer is YES, I'm here to
partner with you to
JOIN UP THE DOTS
(MIND & BODY)
and
establish your unique
'ADHD+ SIGNATURE'**

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STEP 1:

**Using DR KUSTOW'S
game-changing
10 DOMAINS OF DYSREGULATION
MODEL
we
DIG DEEP
to understand just how
ADHD is impacting your life, mapping
out your
'ADHD+ SIGNATURE'**

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STEP 2:

**Over the course of
9 COACHING SESSIONS,
harnessing the
WISDOM of DR KUSTOW'S
7 PILLARS FOR FOCUS,
PRODUCTIVITY AND BALANCE and my
HOW TO THRIVE WITH ADHD+
TOOOLKIT, I partner with you on the
journey to achieving optimum
UNDERSTANDING and MANAGEMENT of
your ADHD.**

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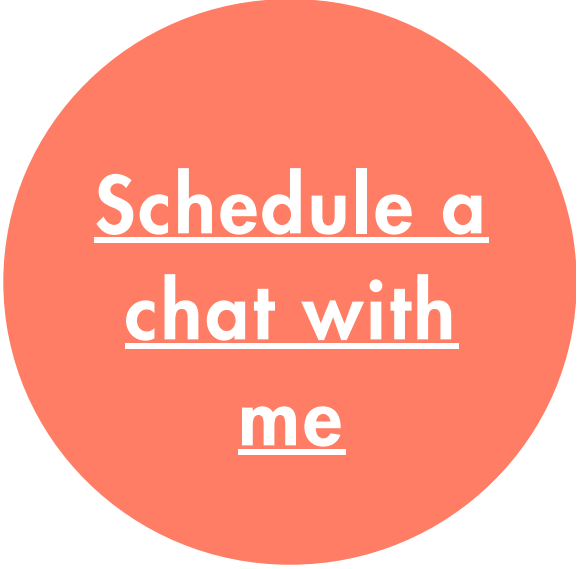
STEP 3:

**I work with you to
RAISE AWARENESS**

**as you
SHIFT**

**STUBBORN MINDSETS and
BEHAVIOURS, equipping you to
BETTER NAVIGATE your CHALLENGES
and LEVERAGE your
STRENGTHS**

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Schedule a
chat with
me

Head to my website
WWW.KATE-HORNE.COM
and **SCHEDULE a**
COMPLIMENTARY 30 MINS
session with me to
LEARN MORE
about
MAPPING OUT your
'ADHD+ SIGNATURE' and the
HOW TO THRIVE WITH ADHD+
COACHING PROGRAMME

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An orange circle containing the text "I look forward to partnering with you".

I look
forward to
partnering
with you

WHATEVER your GENDER or AGE (16+) I'm ready to partner with you, WHEREVER YOU ARE on your ADHD journey. I look forward to learning about YOU and YOUR LIFE as well as answering ANY QUESTIONS you might have about ADHD+ and the coaching process.

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Testimonials

“Partnering with Kate as my coach to map out my unique ‘ADHD+ Signature’ helped me solve the riddle of my life; it’s been a radically new and positive way of understanding myself.”

“With Kate’s guidance, I’ve been able to achieve one goal after another, experiencing valuable shifts and new awareness both during and between our sessions together. I’m incredibly grateful for Kate’s support throughout this transformative journey.”

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