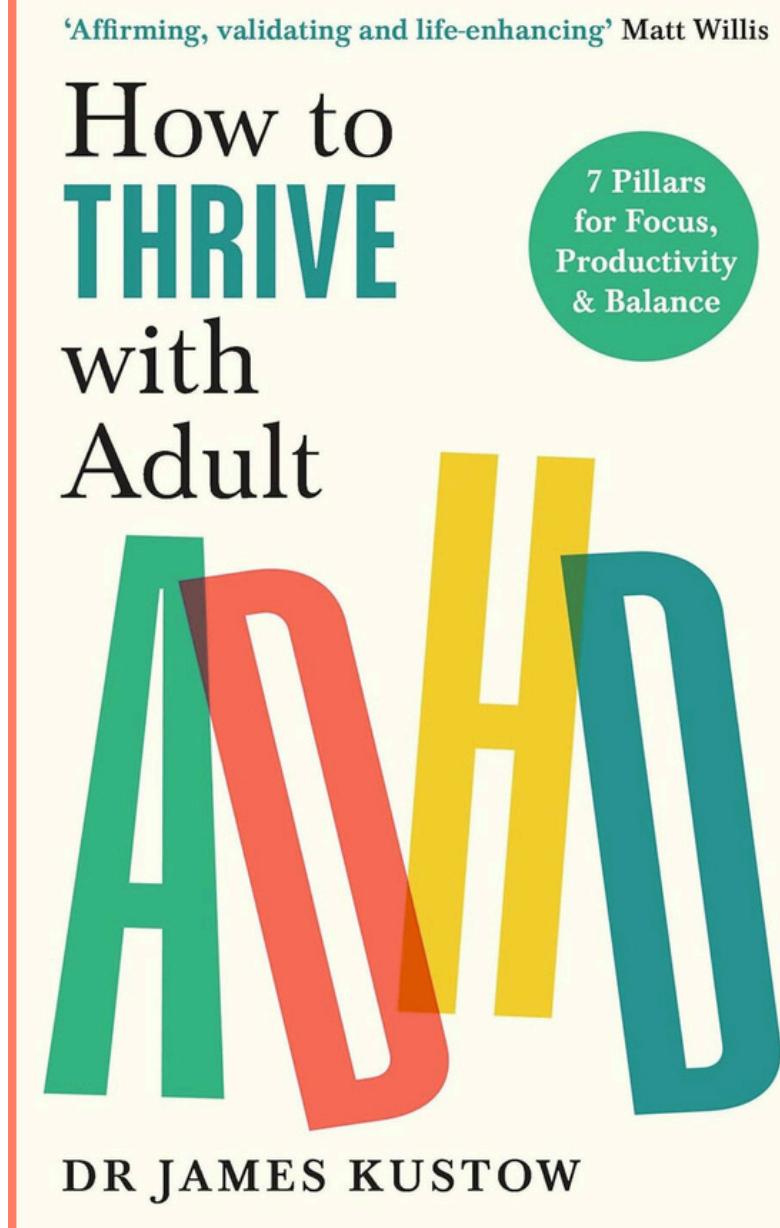


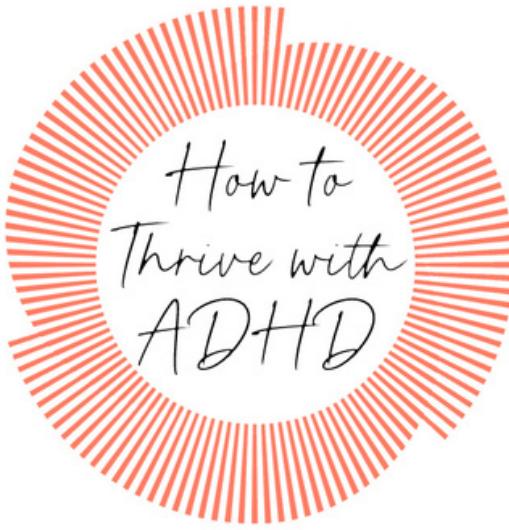


**The  
FIRST  
COACHING  
PROGRAMME  
aligned with  
DR JAMES KUSTOW's  
GROUNDBREAKING,  
globally BESTSELLING  
book,  
“How to THRIVE  
with Adult ADHD”**

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

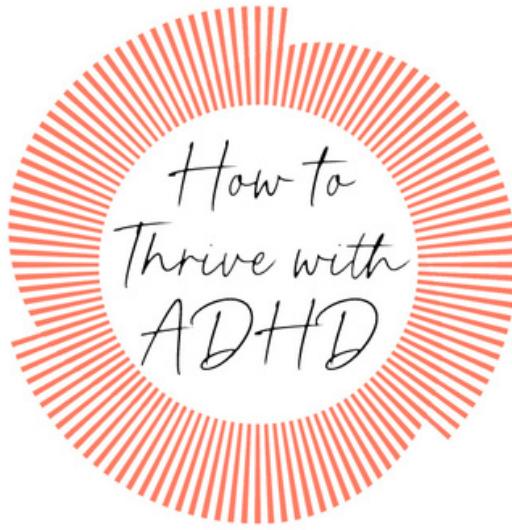
**KATE HORNE**





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

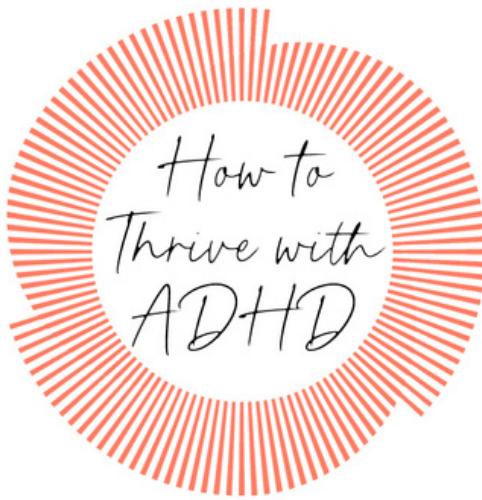
**If the answer is YES, I'm here to  
partner with you to  
JOIN UP THE DOTS  
(MIND & BODY)  
and  
establish your unique  
'ADHD+ SIGNATURE'**



## STEP 1:

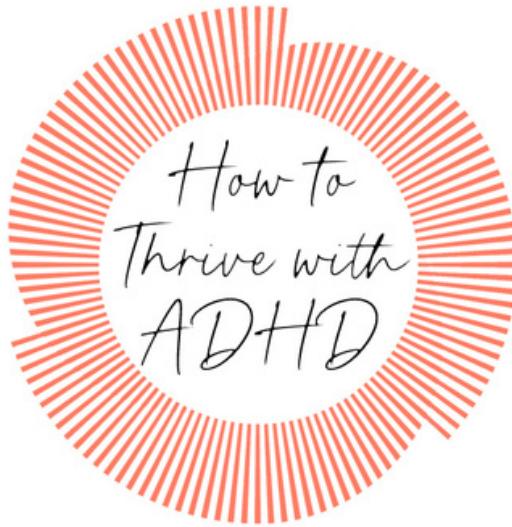
# Using DR KUSTOW'S game-changing 10 DOMAINS OF DYSREGULATION MODEL

we  
**DIG DEEP**  
to understand just how  
**ADHD is impacting your life, mapping**  
out your  
**'ADHD+ SIGNATURE'**



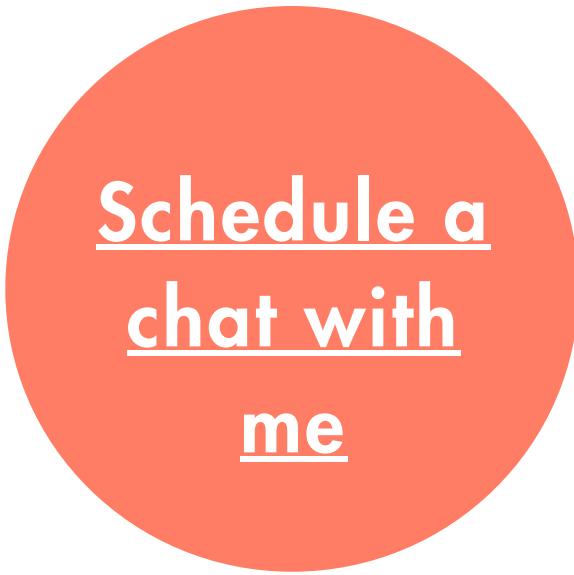
**STEP 2:**

**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.**



## 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**



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****

[Back to Home](#)



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.**



## 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.”***