

Sign up for a COMPLIMENTARY

"Map out your ADHD Signature"

Online Workshop

With ADHD Educator and Certified Life Coach Kate Horne



Are you
ready to
THRIVE?

Are you ready to shift things in your life to truly THRIVE with ADHD but don't know where to start? If you're 16+ - whether diagnosed or self identifying with ADHD, taking medication or not - this workshop is for you.

1

Set an intention TODAY to partner with me and Map out your ADHD Signature: a joining up of the dots to understand just how ADHD is showing up in your life (mind AND body).

2

Head to my website www.kate-horne.com to sign up for a 90mins "Map out your ADHD Signature" workshop.

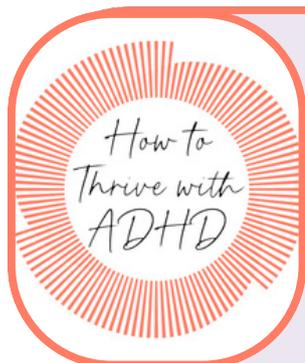
3

Receive your zoom link invitation and an EXCLUSIVE "Map out your ADHD Signature Workbook" to engage with during our workshop session.



Testimonial

"Partnering with Kate to map out my unique ADHD Signature was the crucial first step in addressing and beginning to manage the many challenges that I'd been struggling with for years."
D.L., Music Executive.



Head to www.kate-horne.com to sign up & learn more...

 : Tues 17th March; Thurs 19th March

 : 6.00-7:30pm GMT

 : Zoom

[Back to Home](#)