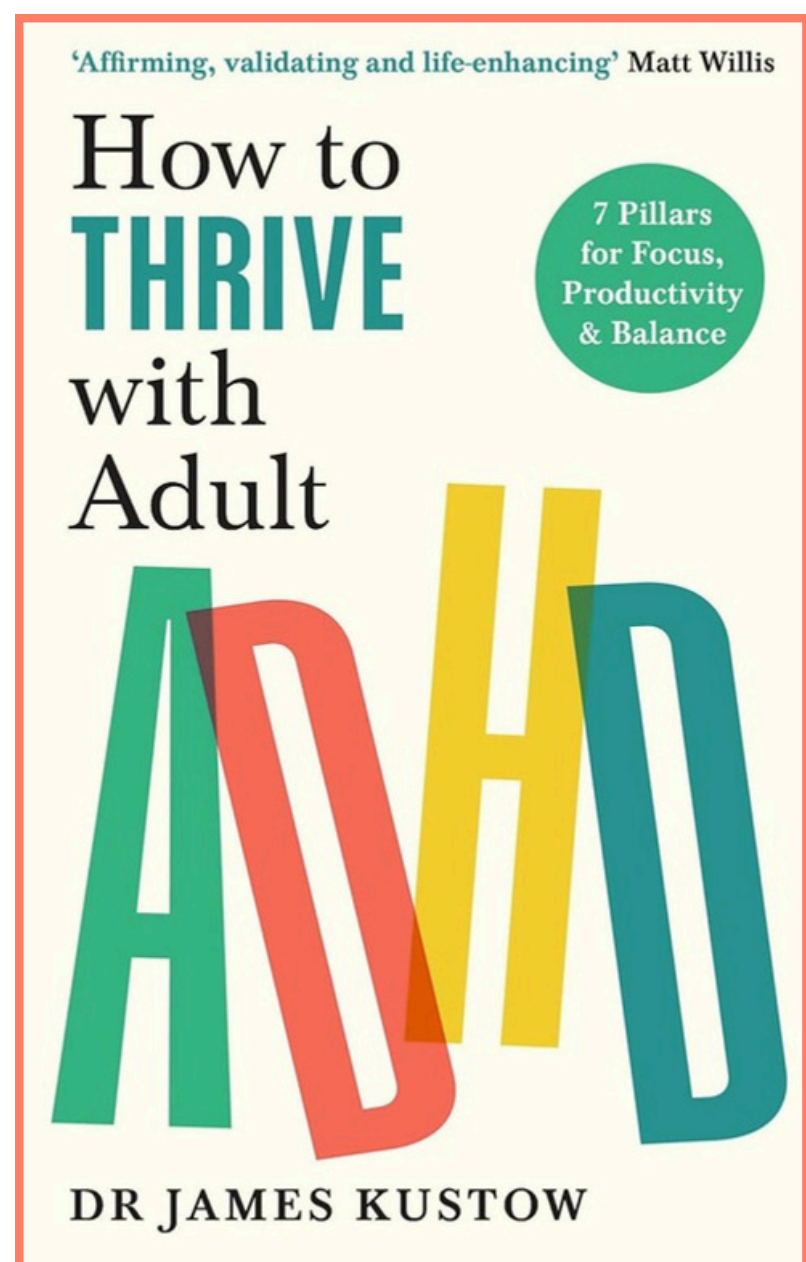
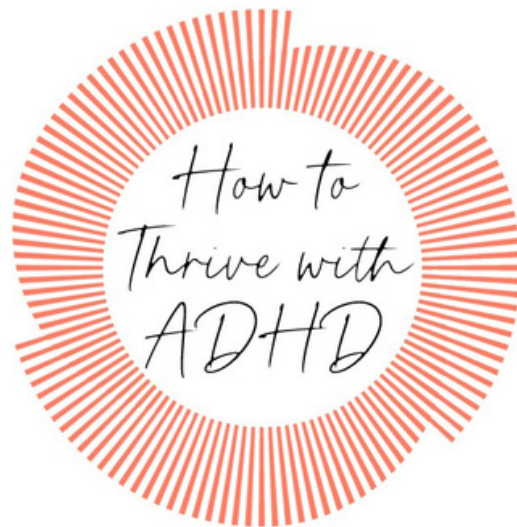




**MAP OUT**  
**your**  
**'ADHD SIGNATURE'**  
**with**  
**CERTIFIED ADHD LIFE COACH**  
**KATE HORNE**

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

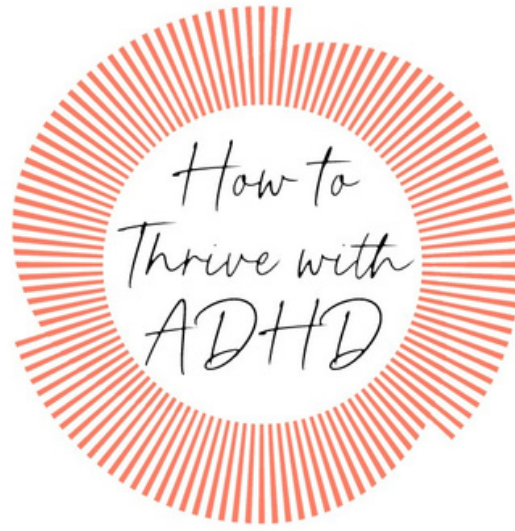




**Are YOU ready to shift things in  
your life to THRIVE?**

**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'**

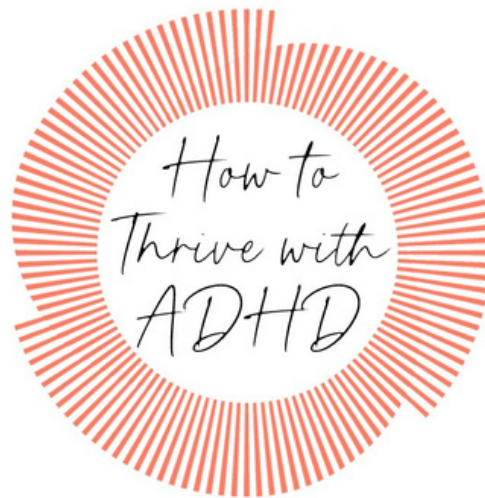
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## **STEP 1:**

**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'**

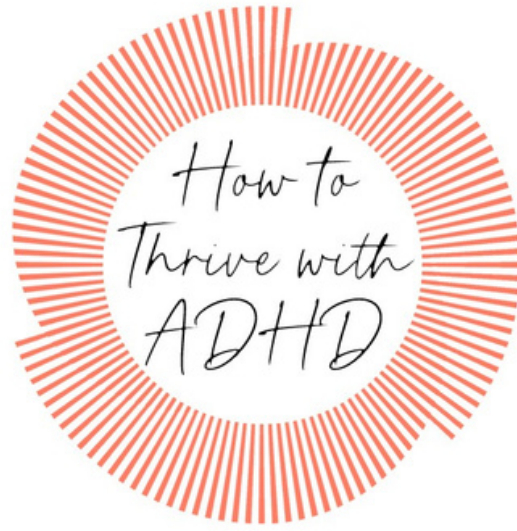
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## **STEP 2:**

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

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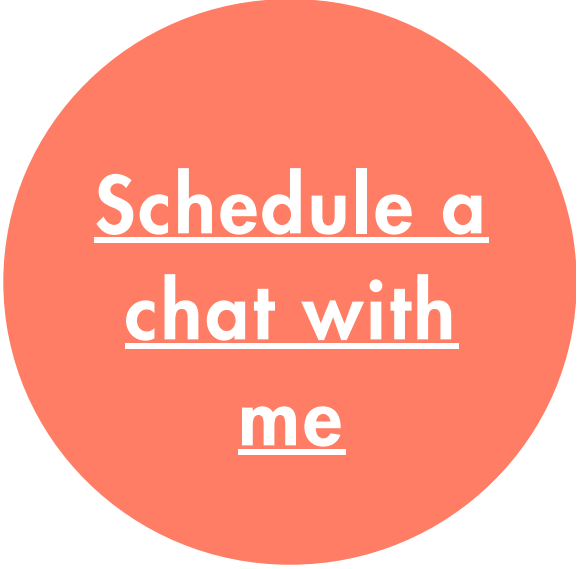
## **STEP 3:**

**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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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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