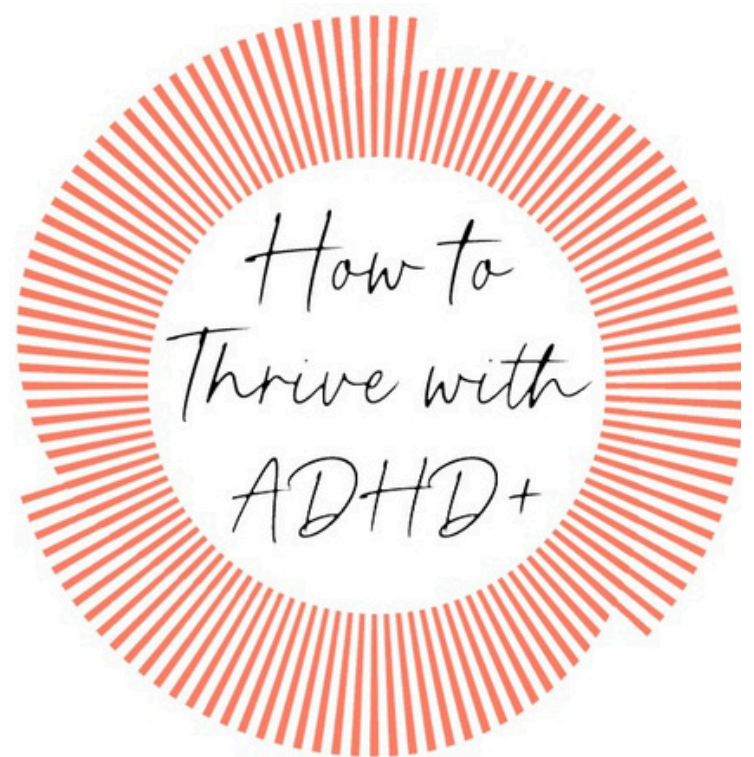




**ADHD+ EDUCATOR
&
ICF-CERTIFIED LIFE COACH
KATE HORNE**

***Partner with me to join
up the dots and make
sense of your ADHD
(mind AND body),
on a journey towards
reaching your full
potential, reconciled
with your brilliant,
authentic self,
THRIVING at life.***





The "ADHD Signature & Next Step Package":

x 3 1h

one-one sessions

over 3 weeks

on Zoom/ in person

Cost: £350

Produced by ICF-Certified ADHD Coach Kate Horne

The Map out your ADHD SIGNATURE

Workbook

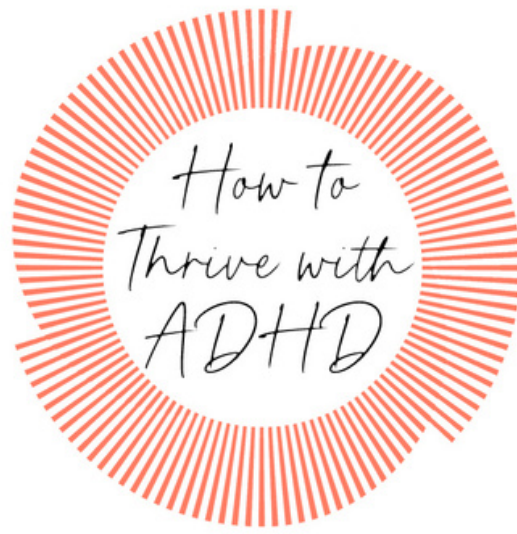
Endorsing Dr James Kustow's book:

"How to Thrive with Adult ADHD"

**Informed by Dr Lotta Borgskoglund Prof Sandra Kooij's
pioneering research on female hormones and ADHD**

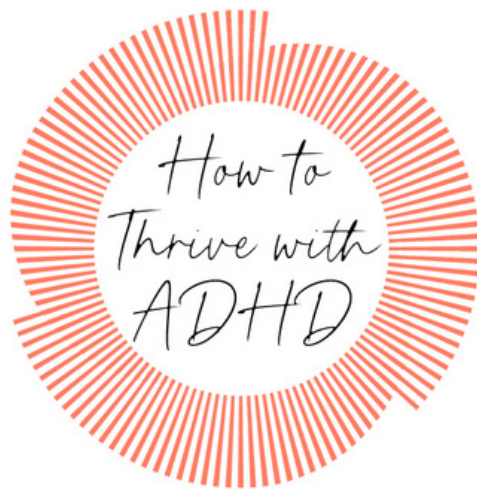


[Back to Home](#)



Session 1:

**We begin to map out your unique
"ADHD Signature" - an
understanding of just how
ADHD is impacting your life - and
introduce the importance of
nurturing a Growth Oriented
Mindset for affecting positive and
lasting change in your life.**



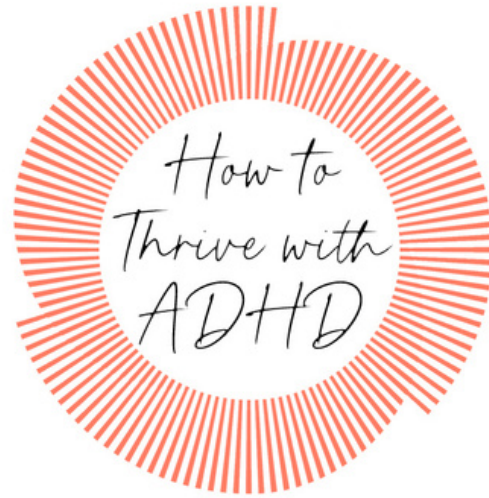
Session 2:

We work to complete your “ADHD Signature” and ground you in an understanding of the effective ways to shift your ADHD dysregulation towards regulation (aligned with an embodied approach, for the optimum management of ADHD). We hone in to understand exactly how your life is currently impacted by ADHD and identify what you want to shift.

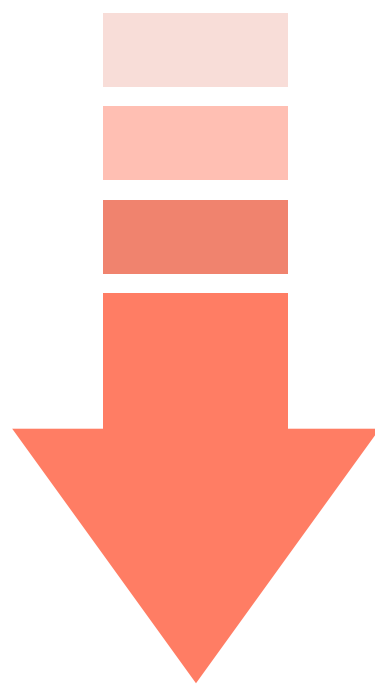


Session 3:

We look to the future - towards “bridging the gap” between how your life currently is and how you wish it to be. We plot out a unique road map for you to navigate the path ahead and identify the support you need to “bridge the gap”, moving towards a future where you are truly thriving at life.



**Once you've completed the "ADHD
Signature & Next Step Package"
we decide if we're ready to partner
in the "How to Thrive with ADHD+
Coaching Programme"**

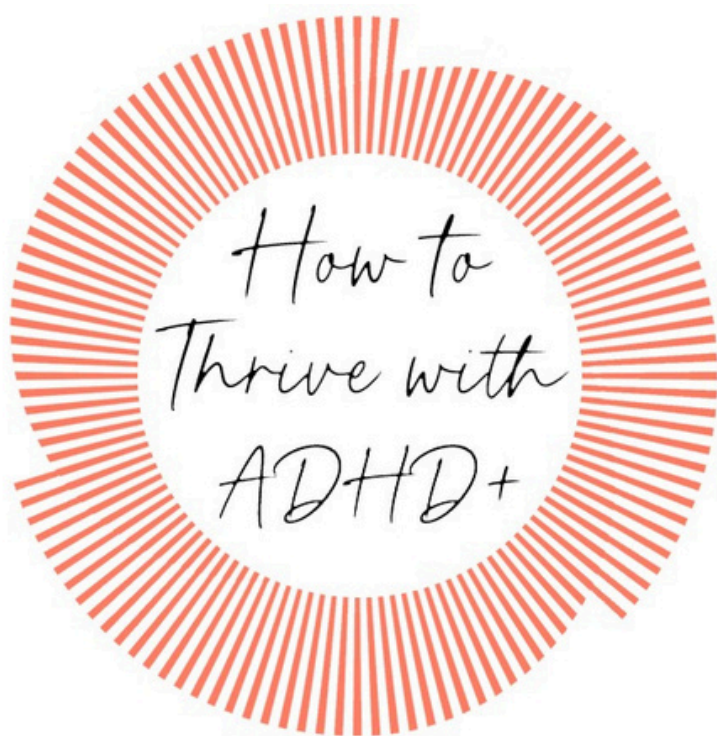


[Back to Home](#)



**“The
How to Thrive with ADHD+
Coaching Programme”**

**x 6 1hr
one-one sessions
over 3 months
on Zoom/ in person
Cost: £600**



Tailor-made solutions and strategies with accountability, taking you towards positive and lasting change. I work with you to raise awareness as you shift any stubborn mindsets and behaviours, equipping you to better navigate your challenges and leverage your strengths to see yourself THRIVE at life.

[Back to Home](#)

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

**“The ADHD Signature
& Next Step Package”**

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.

[Back to Home](#)



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.” D.L., Music Executive.

“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.” S.C., Podcaster.

[Back to Home](#)