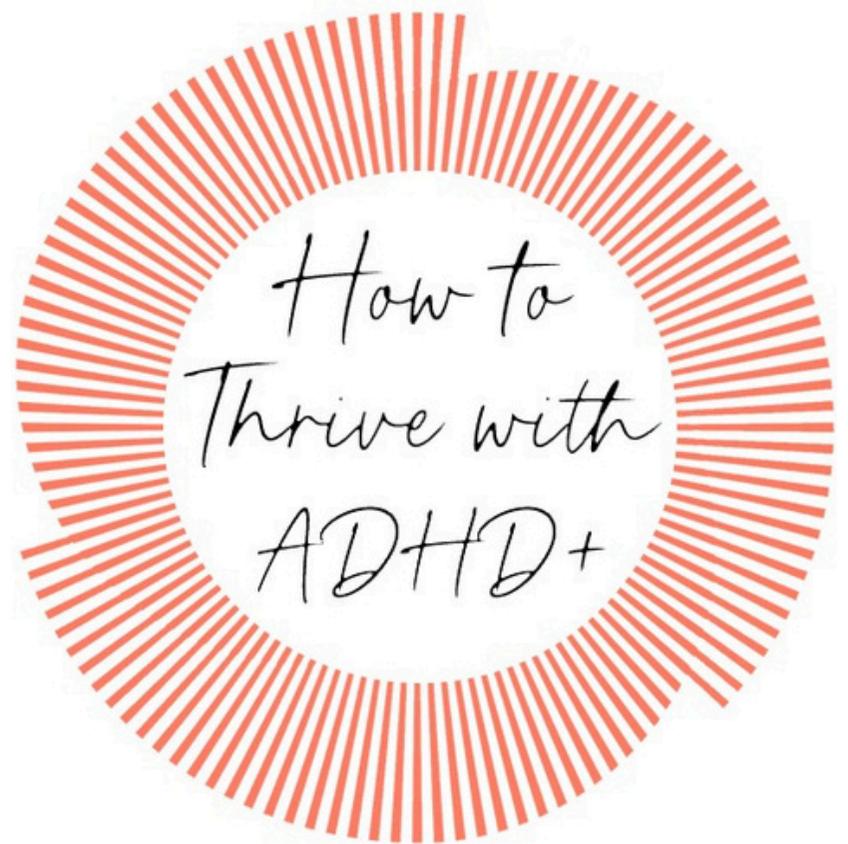




**ADHD+ EDUCATOR  
&  
ICF-CERTIFIED LIFE  
COACH  
KATE HORNE**

***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**

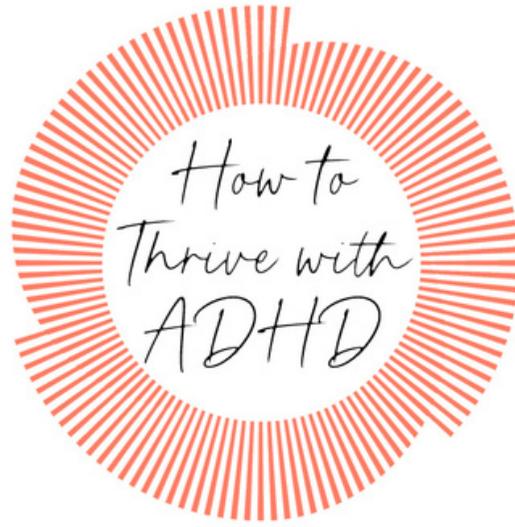
**The Map out your ADHD SIGNATURE  
Workbook**

**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**

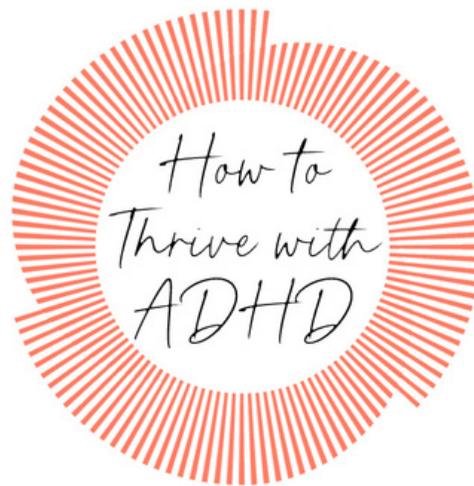


[Back to Home](#)



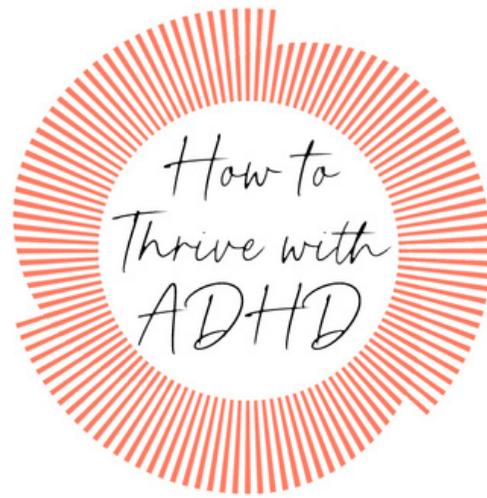
## **Session 1:**

**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 to 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.**



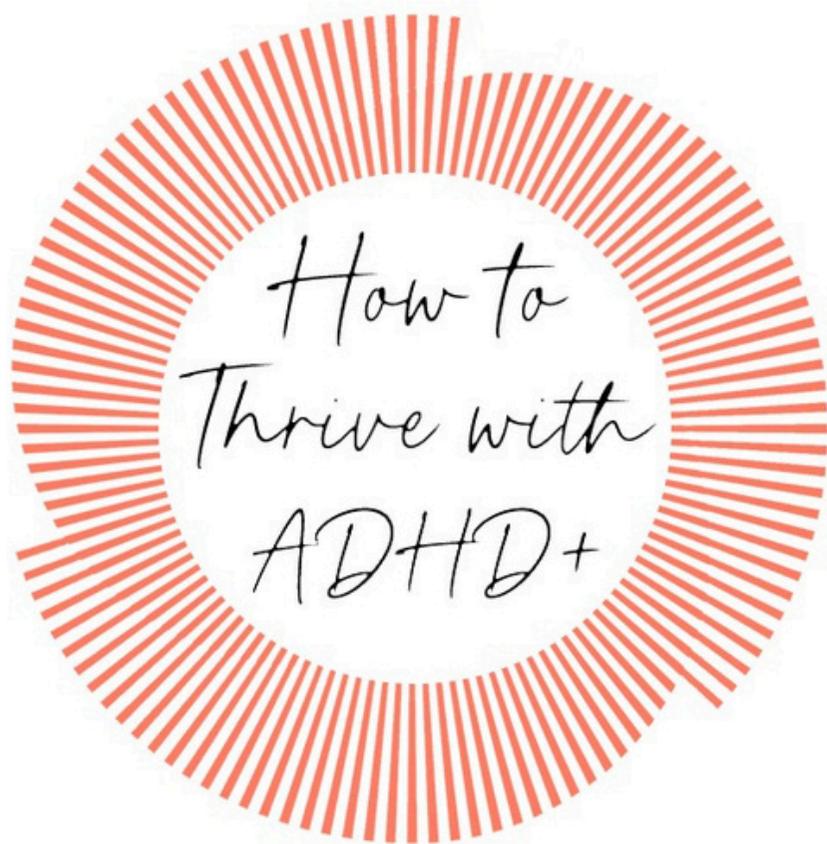
## **Session 3:**

**We look to the future - towards “bridging the gap” between how 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” and see yourself thriving at life with ADHD.**



# **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.**

[Back to Home](#)

Schedule a  
chat with  
me

**Head to my website**

**[WWW.KATE-HORNE.COM](http://WWW.KATE-HORNE.COM)**

**and SCHEDULE a  
COMPLIMENTARY 30 MINS**

**session with me to  
LEARN MORE**

**about**

**[The ADHD Signature and 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.”***

***“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.”***

[Back to Home](#)