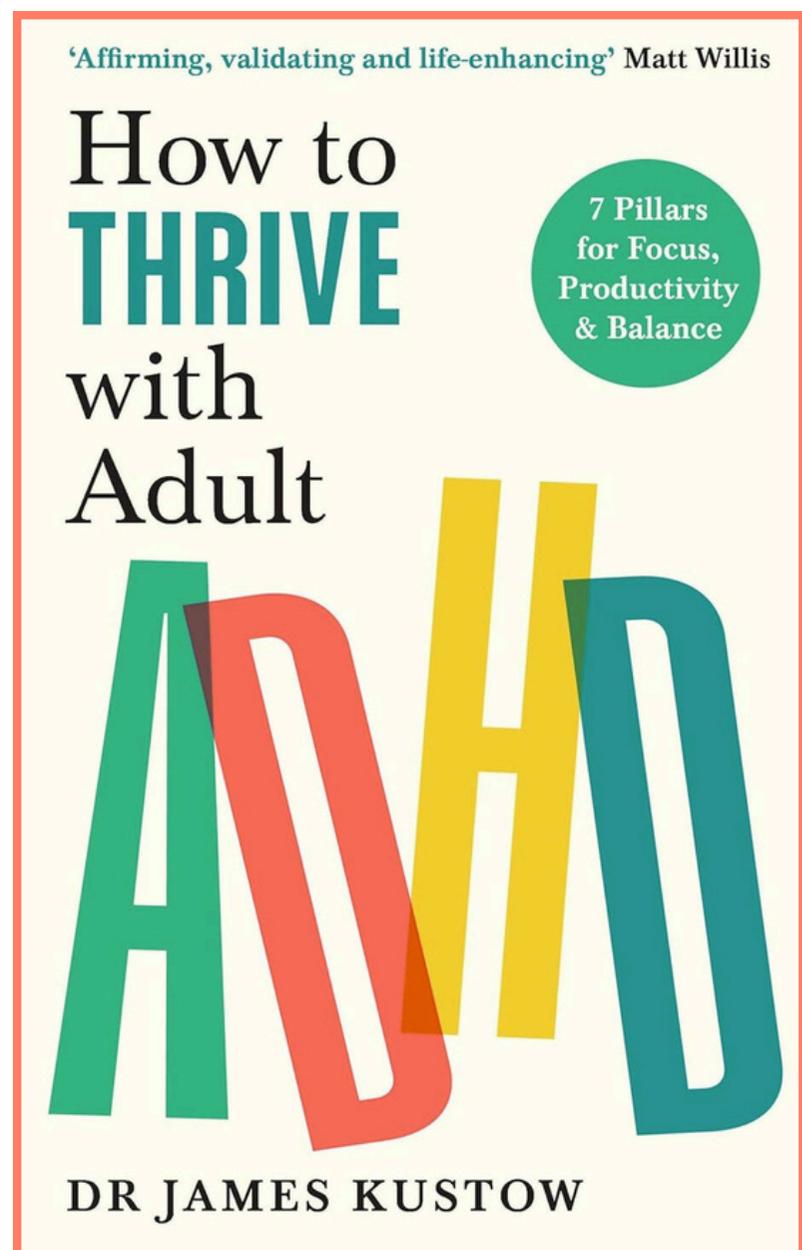
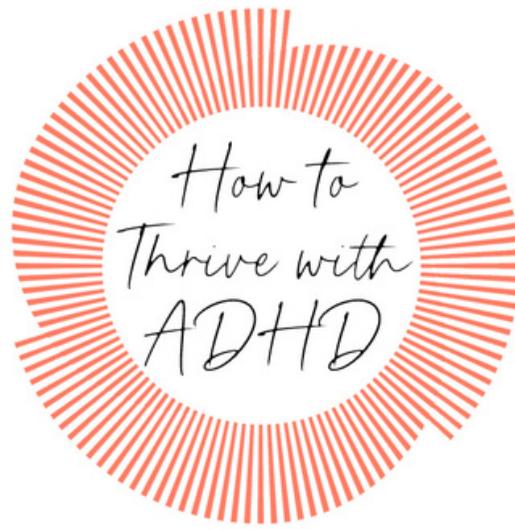




MAP OUT
your
'ADHD SIGNATURE'
with
CERTIFIED ADHD LIFE COACH
KATE HORNE

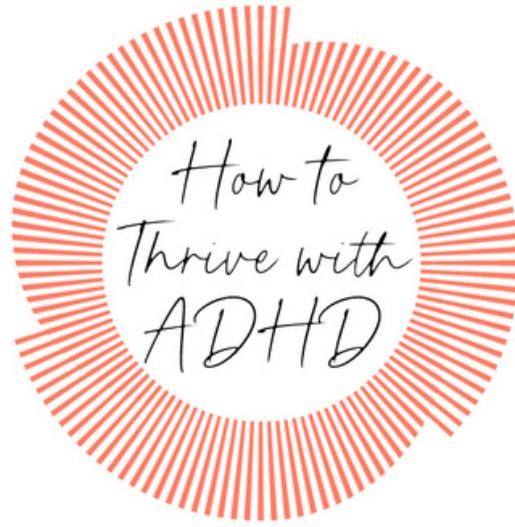
The
FIRST
COACHING
PROGRAMME
aligned with
DR JAMES KUSTOW'S
GROUNDBREAKING,
globally BESTSELLING
book,
"How to THRIVE
with Adult ADHD"





**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'**



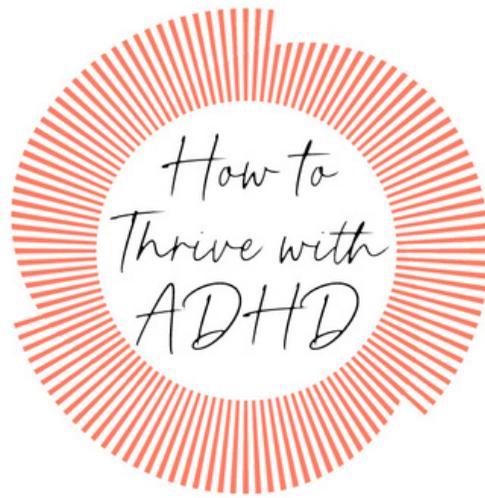
STEP 1:

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

we

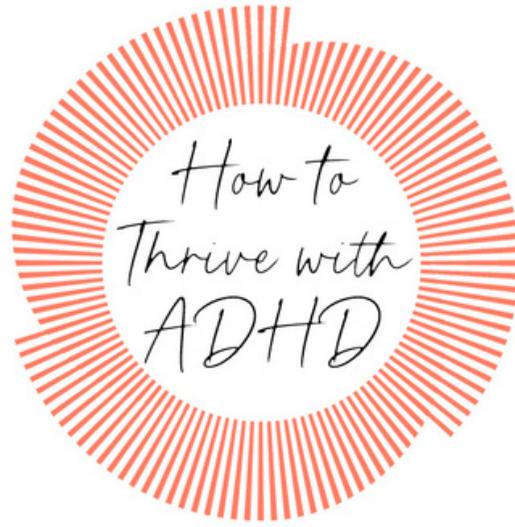
DIG DEEP

**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,
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

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.”