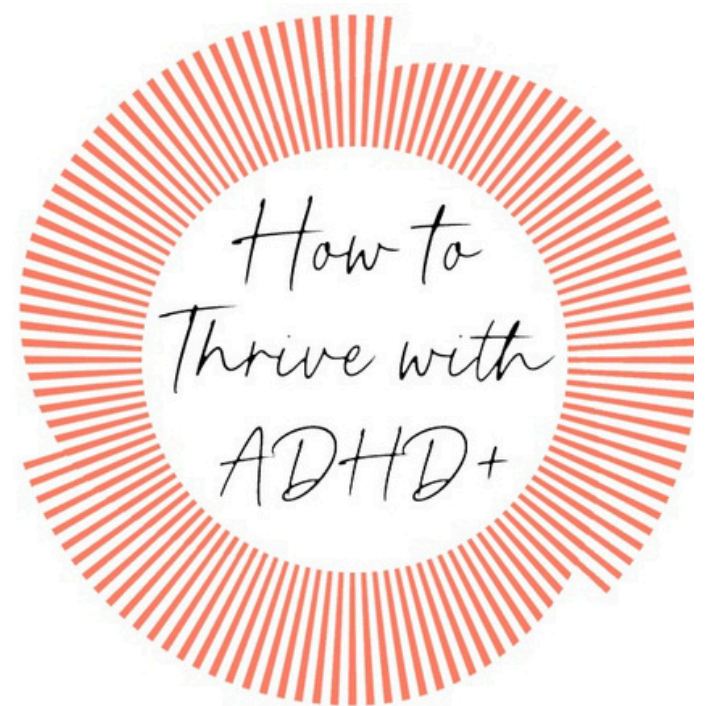




**ADHD+ EDUCATOR
&
ICF-CERTIFIED LIFE COACH
KATE HORNE**

***Partner with me to join up
the dots and make sense of
your ADHD (mind AND
body), navigating your
challenges, playing to your
strengths and shifting things
in your life for positive
change.***

***I work with individuals who
have ADHD and those who
are supporting them, notably
parents/ guardians, partners
and employers.***





The “ADHD+ Profiler™ & Next Step Package”:

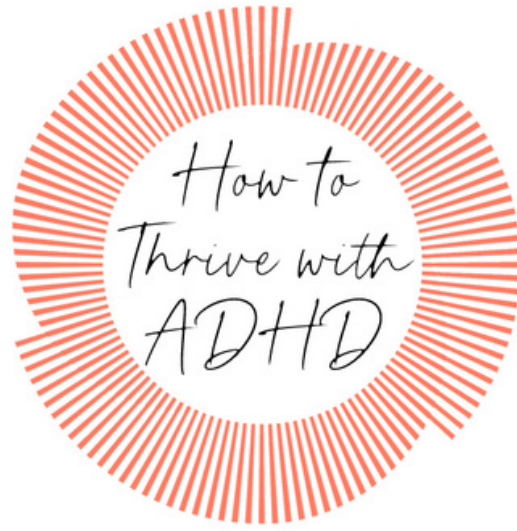
x 3 1h one-one sessions over a month. Unpacking how ADHD is showing up uniquely for you/ the ADHDer that you are supporting.

Cost: £350

Note these sessions are a prerequisite - a grounding in the new conceptualisation of ADHD: ADHD+ (ADHD mind AND body) - before embarking on coaching; without this foundational awareness I believe that a client’s progress in any coaching sessions risks - at best - being compromised, at worst thwarted.



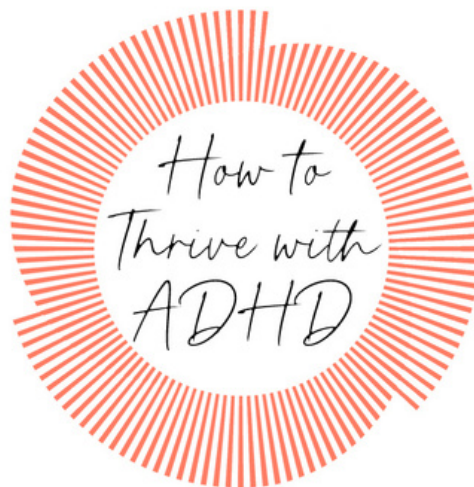
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Session 1:

We begin to map out your unique ADHD+ Profile™/ that of the ADHDer that you are supporting. This equips us to understand just how ADHD is impacting your/ their life. We explore the importance of nurturing a Growth Oriented Mindset to affect positive and lasting change.

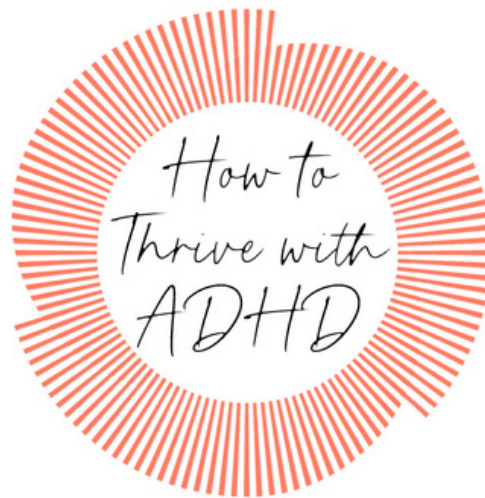
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Session 2:

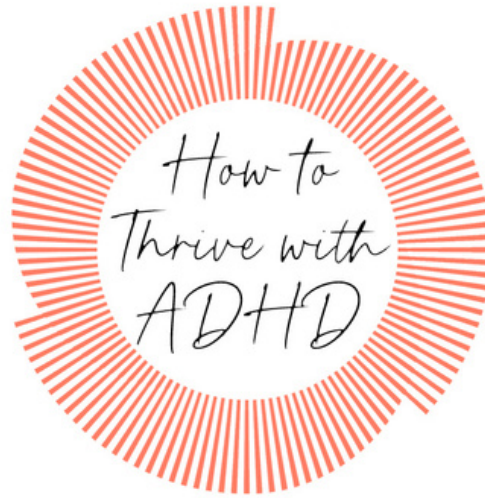
We work to complete the ADHD+ Profile™ and ground you in an understanding of the effective ways to shift ADHD dysregulation towards regulation (aligned with an embodied approach, for optimum management of ADHD). We hone in to understand just how your life/ that of the ADHDer you are supporting is currently impacted by ADHD and identify the issues that are a priority to work on.

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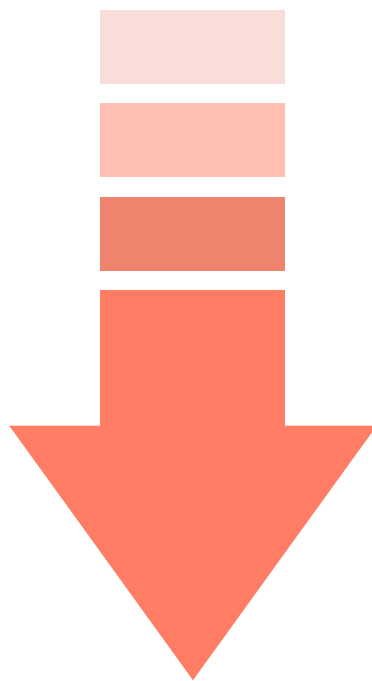


Session 3:

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



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



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**"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 for ADHDers/ for those supporting ADHDers, taking you/them towards positive and lasting change. I work with you to raise awareness as you look to shift any stubborn mindsets and behaviours, equipping you to better navigate challenges and leverage individual strengths, making the shifts that you desire to see come about from this process of coaching become reality.

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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

"ADHD+ Profile™
& Next Step Package"
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.” 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.

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