

Adults

Description

Adult ADHD Coaching

Navigating life with ADHD can be challenging, but you don't have to face it alone. The ADHD adult coaching program is designed to help you thrive by embracing your unique strengths and developing practical strategies tailored to your needs.

As an ADHD adult, you may struggle with time management, organization, focus, and emotional regulation. As an ADHD Coach I help adults learn why these challenges occur and more importantly provide personalized guidance to help you overcome obstacles and achieve your goals.

You will learn proven techniques to:

1. Develop effective routines and systems to stay organized and on track.
2. Improve time management and productivity without feeling overwhelmed.
3. Enhance focus and concentration, enabling you to tackle tasks more efficiently.
4. Manage emotions, impulses, and distractions more effectively.
5. Build self-awareness and leverage your ADHD strengths in various aspects of life.
6. Establish healthy habits and routines to support your well-being.

The coaching approach is collaborative, non-judgmental, and tailored to your specific needs and learning style. We'll work together to identify your goals, uncover your unique strengths, and create actionable plans to help you succeed in your personal and professional life.

Schedule a consultation to learn more about how our coaching services can transform your life.

The Coaching Intake

Adult Coaching begins with a 10-15-minute phone call intake. This gives the client the opportunity to ask questions and determine if they would like to schedule an initial consult.

Initial ADHD Coaching Consult

The initial consult costs \$125. It consists of an intake followed by an ADHD management plan with specific strategies designed to help the client meet their goals.

Regular ADHD Coaching Sessions

The cost of regular coaching sessions is \$75. Regular sessions generally last 30-45 minutes.

Request Consult

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