

ADHD Coaching

for adults and college students with ADHD, and
parents/caregivers of children and students with ADHD

LEARN
ADHD-FRIENDLY
STRATEGIES TO
NAVIGATE
DAILY CHALLENGES
WITH MORE EASE

CREATE POSITIVE
MOMENTUM IN
THE PARTS
OF LIFE THAT ARE
IMPORTANT TO
YOU

HELP YOUR
CHILD/STUDENT
RECOGNIZE THEIR
STRENGTHS AND
DEVELOP
CONFIDENCE

BUILD YOUR
KNOWLEDGE OF
ADHD AND
HOW TO WORK
WITH IT, NOT
FIGHT IT



Kate Holmes Thompson Coaching, LLC

PCC ICF-certified coach

ADHD coach - PAAC-certified training

Set up a complimentary call at www.kateholmesthompson.coach