

**ADHD-HERS**  
**GROUP**  
**COACHING**  
**PROGRAMME**

**[PILOT]**

## Unlock Your Potential: Empowerment Coaching for Women with ADHD

Welcome to a transformative journey tailored specifically for women navigating the ebbs and flows of ADHD. My unique programme beautifully intertwines psychoeducation with dynamic group work, creating an enriching and empowering experience. Whether you're looking to harness your ADHD as a strength, seeking strategies for better focus and organisation, or desiring a community that understands and uplifts, this is where your path unfolds.

### Kickstart Your Journey with Personalised Attention

Before diving into the heart of the group sessions, each member will receive a one-on-one coaching session. This initial meeting is designed to tailor the programme to your personal experiences and goals. It sets the foundation for your growth, ensuring that your journey is as impactful and meaningful as possible. It's your time to shine, to voice your challenges, aspirations, and to start the programme with clarity and confidence.

### Psychoeducation: Understanding is Power

Knowledge is your ally. My programme dives deep into the fascinating world of ADHD, offering insights and understanding that can change how you view yourself and your capabilities. From the newest research to practical advice on navigating everyday life, relationships, and work, we ensure you have the information to empower your decisions and strategies.

### Group Work: Stronger Together

Imagine a space where everyone gets it. Our group sessions are designed to be this sanctuary. Within this supportive environment, you'll share experiences, strategies, and breakthroughs with women who truly understand the ADHD journey. Facilitated by an ADHD coach who has ADHD herself and is in the field of pioneering academic research on women and ADHD.

### Facilitated by an expert in ADHD in women

The programme has been designed by a woman with ADHD who is currently completing a PhD about women and ADHD. Her work is focused on developing a theory of ADHD specifically for women that incorporates the expectations of society in addition to hormones and the complexity of the brain.

## The Programme

- A one-to-one session to kick start your transformation.
- Six modules delivered as fortnightly group coaching sessions of 90-minutes each via Zoom.
- Each module will include 20-minutes of pre-learning - this can be consumed as either a video, audio or a transcript\*.
- An assignment to be completed in between sessions - this will be relevant to the module and will be applicable to your own life.
- Accountability buddy (body doubling).
- WhatsApp! group.

**\* I strongly believe that ADHD-Hers learn and take in information in different ways and, therefore, I will always do my best to provide information in various formats.**

## Dates of group coaching sessions

**Module One** - What is ADHD? - Tuesday 7th May 2024 @8pm UK time

**Module Two** - Emotions - Tuesday 21st May 2024 @8pm UK time

**Module Three** - Hormones - Tuesday 4th June 2024 @8pm UK time

**Module Four** - Social - 18th June 2024 @8pm UK time

**Module Five** - Life Admin - 2nd July 2024 @8pm UK time

**Module Six** - Life Skills - 16th July 2024 @8pm UK time

***N.B. All dates have been purposely scheduled to avoid school holidays.***

## Why This Programme Stands Out

Tailored for Women: Specifically designed to address the unique challenges and strengths of women with ADHD.

A Balanced Approach: Merges the depth of psychoeducation with the vitality of group dynamics, plus the personalised touch of one-on-one coaching.

Community and Connection: Beyond the programme, you'll have a supportive network that understands and champions your journey.

## The Modules

### Module One - What is ADHD?

What exactly is ADHD? What is ADHD to you and how does it affect you and prevent you from having the life that you want and deserve?

### Module Two - Emotions

The biggest concern of most women with ADHD is 'emotional-regulation'. This module will introduce you to the world of emotional wellbeing and how you can make emotions work for you.

### Module Three - Hormones

As women, unfortunately, we are all in some way, at the mercy of our hormones. Instead of dismissing periods and the menopause as merely natural (and just get on with it), this module will teach you to become friends with your hormones.

### Module Four - Social

Feeling 'different' and managing ADHD symptoms such as forgetting to reply to messages, being late all the time and struggling with interrupting conversations, can make social relationships difficult to maintain.

### Module Five - Life Admin

Arguably the most common reason that a person would come to me for coaching. This module will focus on time management, scheduling and organisation.

### Module Six - Life Skills

Continuing from module five, but with a focus more on family (or personal) life as opposed to strategies that can be used in the workplace.

## FEES

As this is a pilot programme, the current cost of the programme is significantly lower than it will be going forward.

**The full fee for this programme is currently £500\*.**

\*The fee can be paid in instalments. Further details on next page.

**What now?**

Book in for an initial chat by clicking [here](#) or visiting my website.

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This will be a deposit of £175 via PayPal, then two further monthly payments of £175. This includes a 5% charge as I have to pay admin fees for each payment.

The underlined fees above are hyperlinks to PayPal.