

- ✔ Hidden Facebook community group
- ✔ A 1-1 session with an ADHD coach
- ✔ Weekly group mindfulness session
- ✔ Weekly group Zoom meetings from the comfort of your own home!

No  
diagnosis  
required

- ⌘ Prioritising
- ⌘ Procrastination
- ⌘ Money
- ⌘ Sleep
- ⌘ Time management
- ⌘ Overwhelm
- ⌘ Emotional regulation
- ⌘ Relationships

8 weeks

£150

