

ADHD COACHING PACKAGE OVERVIEW



Personalised Support to Help You Thrive

Empower Yourself with **ADHD Coaching**

Living with ADHD often feels like navigating a storm—juggling tasks, meeting deadlines, and staying focused in a world that doesn't always understand. At ADHD Degree, we transform those challenges into opportunities.

Why Choose **ADHDDegree?**

We are a team of dual-qualified psychologists and psychotherapists who are also professional coaches—all of whom have been diagnosed with ADHD. This unique combination of lived experience and professional expertise sets us apart and ensures we truly understand your journey.



What Do We Offer?

Coaching That Works for You

ADHDDegree's **coaching** isn't about quick fixes—it's about creating lasting change. Our comprehensive programme includes:

Personalised Coaching Sessions

Fortnightly one-to-one sessions focused on your goals and challenges.

Executive Functioning Masterclass

Access the leading online course designed by psychologists and ADHD specialists.

Topics include:

- **Planning and prioritisation.**
- **Emotional regulation.**
- **Improving working memory.**
- **Managing time and focus effectively.**
- **Practical exercises to apply skills in daily life.**



Live Webinars

Gain insights from experts on topics like organisation, focus, and productivity.

Psychometric Testing

Assessments designed to uncover your ADHD profile, highlighting strengths and areas for growth.

Custom Tools

Downloadable resources to implement proven strategies into your daily life.



Why Choose ADHD Degree?

Expertise You Can Trust

At ADHDdegree, we know what it's like to face the unique challenges of ADHD because we've been there, too. Here's what makes us different:

- **Dual-Qualified Professionals:** Our team combines years of training as psychologists or psychotherapists with professional coaching certifications.
- **Recognised Credentials:** Our practitioners are accredited by leading organisations, including:



- **Proven Results:** Our methods are tried, tested, and tailored to the ADHD community.
- **Lived Experience:** Each of our coaches has ADHD and brings a personal understanding of the condition to their work.
- **Holistic Approach:** Beyond sessions, we offer tools and resources for ongoing growth and learning.
- **Flexible & Accessible:** Our remote coaching and webinars fit into your busy life, no matter where you are.



Meet Your Coaches

A Team That Gets It

At ADHD Degree, our team isn't just professionally qualified—we've lived the ADHD experience too. This dual perspective gives us a deep understanding of the challenges you face and how to overcome them.

Dr. Darren O'Reilly



Doctor of Counselling Psychology

Darren combines his extensive training with his personal ADHD journey to guide clients toward measurable success.

Qualifications: BPS, HCPC

Jessica Sweet, M.Pysch

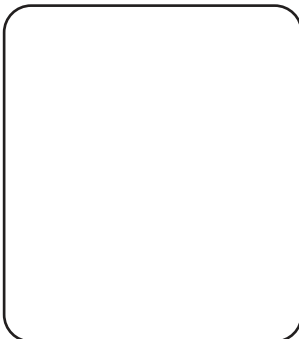


Psychological Therapist & Coach

Jessica specialises in empowering neurodivergent individuals to achieve lasting change, drawing on her expertise in coaching, mental health, and nutrition.

Qualifications: EMCC, BACP, IINCHC

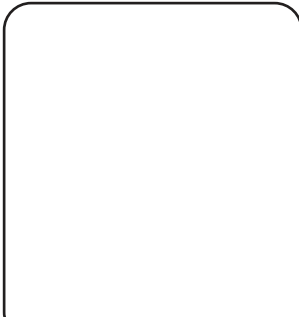
Coach Name



Specialist Title (e.g., ADHD Specialist, Psychotherapist)

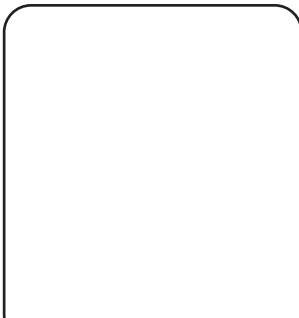
This coach brings a unique blend of professional expertise and personal ADHD experience to help clients thrive.

Qualifications: (HCPC, EMDR, etc).

Coach Name**Specialist Title (e.g., ADHD Specialist, Psychotherapist)**

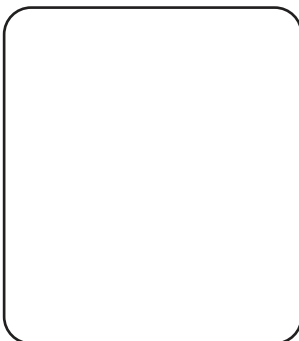
Focused on sustainable success, this coach uses evidence-based strategies tailored to ADHD minds.

Qualifications: (HCPC, EMDR, etc).

Coach Name**Specialist Title (e.g., ADHD Specialist, Psychotherapist)**

This coach brings a unique blend of professional expertise and personal ADHD experience to help clients thrive.

Qualifications: (HCPC, EMDR, etc).

(Coming Soon....)**Specialist Title (e.g., ADHD Specialist, Psychotherapist)**

Focused on sustainable success, this coach uses evidence-based strategies tailored to ADHD minds.

Qualifications: (HCPC, EMDR, etc).

Future Expansion:

We are committed to growing our team to ensure we continue offering diverse, high-quality support for everyone who needs it.

Your Path to Success

Our process is simple yet effective, focusing on you every step of the way:

1. **Free Consultation:** Discuss your goals and how we can support you.
2. **Personalised Coaching Plan:** Develop a custom plan tailored to your unique ADHD profile.
3. **Fortnightly Coaching Sessions:** Regular check-ins to review progress, refine strategies, and celebrate wins.
4. **Executive Functioning Course:** Access comprehensive training designed for ADHD minds.
5. **Live Webinars & Tools:** Ongoing resources to keep you motivated and on track.



With ADHD Degree, you'll move forward with clarity, focus, and confidence.

Get Coaching Support at No Cost to You

Here's how it works:

If you already have Access to Work funding: Let us know, and we'll send you an invoice. Once you receive it, you have two options:

- **Option A:** Pay immediately and upload the invoice to the Access to Work portal for reimbursement.
- **Option B:** Upload the invoice directly to Access to Work, and once they process the payment (typically within 15 working days), your coaching can begin.

If you don't have Access to Work funding yet: We can help you apply! For a small fee of £49, we'll guide you through the application process, ensuring all forms are completed accurately and

What's Included with Our Coaching Package:

£395 /per month

This includes:

- **two one-to-one coaching sessions per month,**
- **unlimited access to the online Executive Functioning Masterclass,**
- **live expert-led webinars, and**
- **personalised psychometric testing.**

Real Stories, Real Results

Simple Steps to Make Your Application Easier and Faster

Success Story



“Before working with ADHD Degree, I struggled to manage my workload and felt constantly overwhelmed. Now, I have systems that actually work for me and have received a promotion within six months!” — **Sarah, Marketing Professional**



“The Executive Functioning Masterclass completely changed how I approach daily tasks. I now have routines that keep me on track without feeling exhausting.” — **James, University Student**



“I finally understand how my ADHD impacts me and have tools to thrive. My coach was supportive, knowledgeable, and made a huge difference.” — **Emma, Teacher**

Your Questions, Answered

Simple Steps to Make Your Application Easier and Faster

What happens if I miss a session?

You can reschedule sessions with 48 hours' notice. We'll work with you to find a suitable time.

Can I start coaching before my Access to Work funding is approved?

Yes, you can pay upfront and reclaim the cost through the scheme.

What if coaching doesn't feel right for me?

Our coaches will adapt the approach to suit your needs, and we'll discuss options if you're not satisfied.

What does psychometric testing involve?

These are structured assessments to identify strengths, challenges, and personalised strategies.

Social Proof

Trusted by Many, **Designed for You**

Simple Steps to Make Your Application Easier and Faster

100+

Join the **100+ clients** who've successfully transformed their lives with ADHD Degree coaching.

90%

9/10 clients report improved time management and focus.

Recognized by top ADHD support organizations for our evidence-based coaching.



Your Journey **Starts Here**

Are you ready to transform your life? With personalised coaching and proven strategies, you'll gain the tools to achieve your goals and build a life you love.

Let's get started!

- **Book your free consultation today.**
- **Already have Access to Work funding?** We'll help you use it for high-impact coaching.

Book Now



Ready to continue?
Visit www.adhddegree.co.uk

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