



I coach people that want to tell a new story about themselves and their ADHD.

Why?

If you have ADHD, you have the same human needs as everyone else, but you also have to deal with things like hyperactivity, impulsivity, and/or inattention.

This can make you believe you can't reach your goals because you have ADHD.

As an ADHD Coach it's my job to prove you wrong!



Providing you with Clarity.

I provide specific coaching tools and strategies with an ADHD lens to promote clarity around your strengths, values and vision so you can discover, focus on, and pursue, what really matters to you in life. Most importantly, you will get to know your "ADHD self" better. When you know better, you do better! You will see yourself, and your ADHD in a new light and begin to tell yourself a new story...



Helping you create Structures.

To help you tell a new story and achieve your goals, together, we will create structures and strategies that will work for you (and your ADHD brain!). We will tackle core ADHD-related issues like time management, lack of planning, disorganisation and the big one - lack of self-esteem. With the right supports in place, you will free yourself to discover and harness your ADHD strengths so that you can really thrive.



Championing You.

I will be your greatest advocate, championing new behaviors and actions that will move you forward. I will support you, so you can stay focused on your goals. I will challenge you to question your beliefs, discover new possibilities and step out of your comfort zone. As my client, I see and treat you as resourceful already, as the expert in and of your own life.



HELPED ME FOCUS ON WHAT IS IMPORTANT IN MY LIFE

For years, I've always felt I was never living up to my potential.

My life was a series of unfinished projects, unaccomplished goals and never-ending to-do lists.

Stephanie has helped me focus on what is important in my life and I've made more progress on my goals in the last 6 months of coaching than the 10 years without a coach.

I have clarity on my goals and finally feel like I'm making progress towards them while managing my day-to-day work and tasks without feeling stressed or overwhelmed.

Everybody can benefit from having a good coach but specialized ADHD Coaching can really make a huge difference to your life if you have ADHD. It is Life Coaching but with an ADHD lens. It is individualized and action-focused, so you are continually working towards building the productive habits and systems that will keep you on track to thrive with your ADHD.

Its time to Tell a New Story...



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