

# EXCLUSIVE ADHD360 ADULT COACHING PROGRAMME

We work closely with ADHD360 to support those newly diagnosed with ADHD to provide coaching through a neuroscience based approach focussing on executive functions.

Executive functions are brain functions allowing us to control effort and behaviour, and are located in the prefrontal cortex of the brain. Those with ADHD may have impairments in executive functions, which can have a major impact on the ability to perform such tasks as planning, prioritising, organising, paying attention to and remembering details, and controlling emotional reactions.

**Become more organised**   **Get stuff done**  
**Be more reliable**   **Achieve your goals**

**6 x 45 minute sessions from £395 + VAT (usual price £510)**

## **What is executive function coaching?**

Executive function coaching aims to support those with ADHD to cope better with daily challenges.

Coaching provides practical advice on:

Organisation & time management

Completing projects and work commitments

Problem solving

Improving social communication & interaction

Improving general well being & emotional regulation

# Our exclusive ADHD360 Coaching Programme

For ADHD360 adult clients, we provide an exclusive programme of six, 45-minute 1:1 coaching sessions with an executive function coach of your choice.

Sessions start from **£395** (depending on coach experience & expertise). The usual price for this package is £510.

## How does EF coaching work?

The first step is to book a free discovery call. Then choose coaches to have a free taster session with. Once you've chosen your coach, discuss your ADHD challenges with them and resolve how to practically and consistently overcome your ADHD challenges.

Connect as little or as much as you need to either in person, by video call, phone or texts.

*"I cannot thank you enough! Coaching has helped transform my life. I didn't ever think ADHD could be an asset to me, particularly at work."*

David, coaching client, managing director



## Connections in Mind

Connections in Mind are a team of dedicated executive function coaching experts. Our innovative approach is grounded in neuroscientific and psychological research, and stems from the belief that all people can flourish with the right support. We are committed to raising awareness of EFs and supporting the development of strong EF skills in people of all ages and abilities.