



## Hi, I am Faigy Liebermann,

**Director and CEO of Focus with Faigy.**

**I have ADHD. I am a busy mum with more than one ADHD child... I am a creative entrepreneur, pioneer, and disrupter. I bravely address common misunderstandings about ADHD. I am passionate about ADHD awareness and education. As an ADHD coach and Professional Organiser, I possess a unique viewpoint on ADHD management.**

I have had my share of challenges and struggles related to ADHD. I have searched long and hard for the answers. Searching for those answers has been one of the most difficult tasks of my life. I have found those answers. I will share with you the ADHD focused skills that you need to find your success. Together we will craft a unique plan tailored for your needs. As your ADHD coach I will support you, hold you accountable, and most importantly believe in your ability to create yourself anew! Yes, you can do it! It is so easy when you know how to. All you need is the right ADHD focused skills.

I want to help my clients in the most professional manner. I am currently the only certified ADHD coach in the UK who is PAAC certified. This is the only ADHD coaching credential in the world.

### The Focus with Faigy Guarantee

You set a goal. If you have had weekly sessions, and completed your individualised grow work between sessions, after 12 weeks you have not yet reached your goal, I will coach you for free you do!

#### Some of the skills that you will learn through ADHD coaching:

Overwhelm	Motivation
Health and wellbeing	Clutter management and organisation
Time mastery	Decision-making
Relationships	Career success
Emotional self-regulation	Commitment

#### Some of the clients I work with:

Professional mums	Creative directors
Students	Parents for their ADHD children

I will work with you at your pace and around your life. I will work closely with your doctors. I can, if requested provide your medical team with updates and feedback.



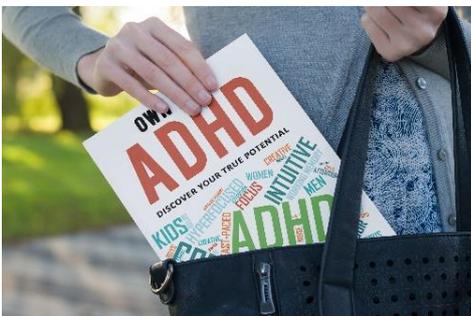
# FOCUS WITH FAIGY

## Books Authored by Faigy



### BANISH YOUR OVERWHELM – DECLUTTER YOUR LIFE

“A decluttering guide for women with ADHD”



### OWN YOUR ADHD – DISCOVER YOUR TRUE POTENTIAL

“Discover the little-known facts about ADHD”

## Client Testimonials

“I received the know-how, and confidence to push through my fears and move forward. The sky is not even the limit.”

“I’ve worked with many people, coaches, therapist, and I can sincerely say that Faigy is in the top two who have impacted my life significantly.”

“I’ve recently decluttered my home using the tools I learned on her Udemmy course. My results were beyond my wildest imagination. ”



## Book your Discovery Call Here

*Faigy Liebermann*

[www.focuswithfaigy.com](http://www.focuswithfaigy.com) | [faigy@focuswithfaigy.com](mailto:faigy@focuswithfaigy.com)



i teach on  
**Udemy**

“Focus and Clarity with Your ADHD”

© 2020 [www.focuswithfaigy.com](http://www.focuswithfaigy.com)