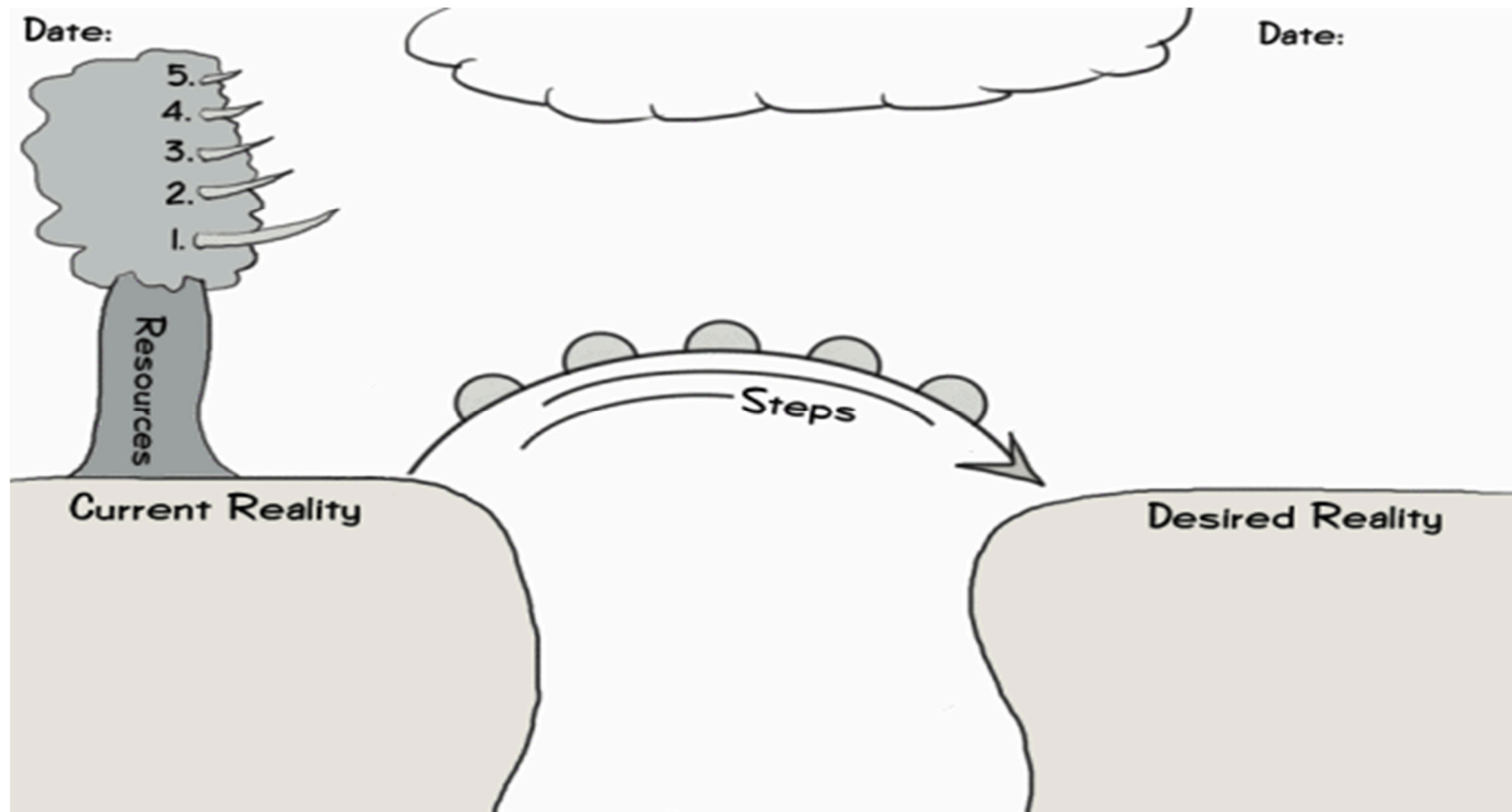


ADHD-HOPE COACHING

The bridge between today and tomorrow



Take a moment to reflect on where you are at the moment in life and where you would like to be.

Maybe, on the left-hand side, you can list 5 challenges that are getting in the way of where you want to be.

Maybe on the right-hand side you can list 5 things you would like to be different in your life. How would it look?

Maybe through coaching, you will find your unique way to cross that bridge into the tomorrow you desire.