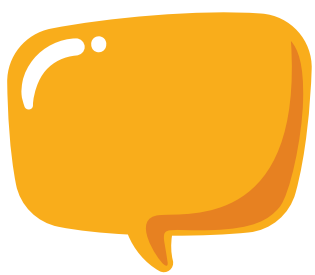


## What is ADHD coaching?



ADHD coaches are specifically trained and certified to help individuals who have ADHD or ADHD-like symptoms manage their lives more effectively.

Research shows that ADHD coaching can improve symptoms, executive functioning, self-esteem, well-being, and quality of life.



Coaches will often educate their clients about ADHD and how it affects them across a lifetime.

Building on that awareness, coaches support their clients in creating systems and strategies to help their clients manage the practical aspects of life.



ADHD coaches encourage their clients to stay focused on goals, develop resilience when facing obstacles, and feel better about the way they engage their lives.

Learn more at [ADHDAwarenessMonth.org](https://ADHDAwarenessMonth.org)