

STRUGGLING WITH ADHD? MAKE WORK & LIFE EASIER...

You can overcome the overwhelm and erase the exhaustion. Partner with a professional certified ADHD coach to experience the difference!


DONNA WORKS WITH YOU TO:


- Understand your uniquely-wired brain
- Explore your ADHD traits and impacts
- Name your strengths
- Replace the stories not serving you
- Minimize potential consequences of ADHD-related behaviors
- Develop sustainable scaffolding to manage ADHD's pesky parts
- Develop persistence, rhythms and rituals to invite flexibility and improve consistency
- Reframe time, accountability, goals and more to do the things when you need without the struggle



 SCAN ME

Schedule your no-cost exploratory session today!

 612-360-2123

 withertynes.com



Donna Addkison

*Professional ADHD Life,
Career & Business Coach*