


STRUGGLING WITH ADHD? FIND MORE EASE IN THE EFFORT...

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
- Experiment with rhythms and rituals to invite flexibility and improve consistency through persistence
- Reframe time and tasks to do the WHAT with less struggle
- Be WHO you are and do the things



 SCAN ME

Schedule your no-cost exploratory session today!

 612-360-2123

 withertynes.com



Donna Addkison

*Professional ADHD Life,
Career & Business Coach*

