

THE IMPORTANCE OF ADHD COACHING FOR CHILDREN

Is Your Child Struggling with Focus, Motivation or Organisation?

ADHD Coaching Can Help!

Our 1:1 ADHD coaching supports children and young people aged 7-18 years to thrive in school or college, and life, by developing key skills in a supportive, structured, personalised way.

Benefits of ADHD Coaching:

- Boosts focus, attention and organisation
- Improves emotional regulation and self-esteem
- Teaches practical strategies for homework, revision and daily routines
- Encourages independence and resilience
- Tailored support from a certified, experienced UK ADHD coach

Whether your child has a diagnosis or just struggles with typical ADHD traits, coaching can make a lasting difference.

📍 Online, flexible sessions, home visits available.

📞 Get in touch to find out more: focusforwardadhdcoaching@gmail.com or customerservice@learntoshine.co.uk

(quote: 'ADHD COACHING' in the subject, **10% discount** for 'Learn to Shine' customers)



'Focus Forward' is brought to you by our Learn to Shine founder, Katie McDonough, and all sessions are currently being held by her.

- Qualified Teacher (QTS)
- Dyslexia Specialist with BDA
- Director of Education
- Award Winning Education Entrepreneur
- Education Consultant
- ADHD Specialist Coach