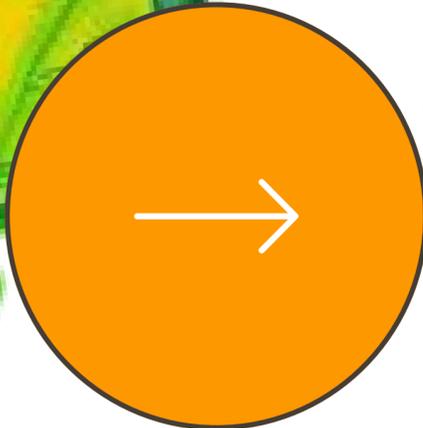


8 WEEK
ADHD COURSE

7 BENEFITS OF THE

Living Well with ADHD Course

SWIPE



ADULT ADHD COURSE
8 WEEK

LIVING WELL WITH ADHD COURSE

Understand Your ADHD Brain in Adulthood

Gain clarity on how ADHD impacts your emotions, productivity, and relationships. Empowering you to approach challenges with self-awareness and confidence.

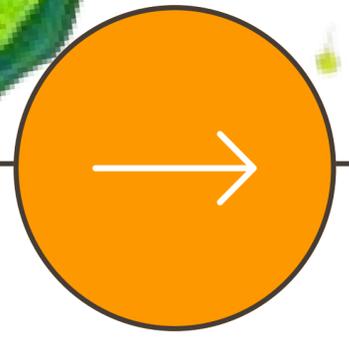


FREE WEEKLY COURSE WORKBOOK

LIVING WELL WITH ADHD COURSE
WORKBOOK

Your supportive course workbook for exploring at your own pace. It will enhance your self-awareness during and beyond the course

www.adhdlancashire.com

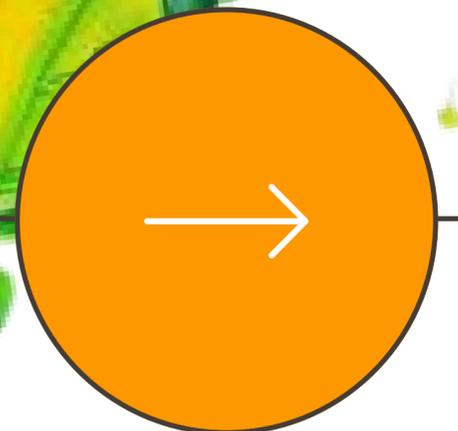
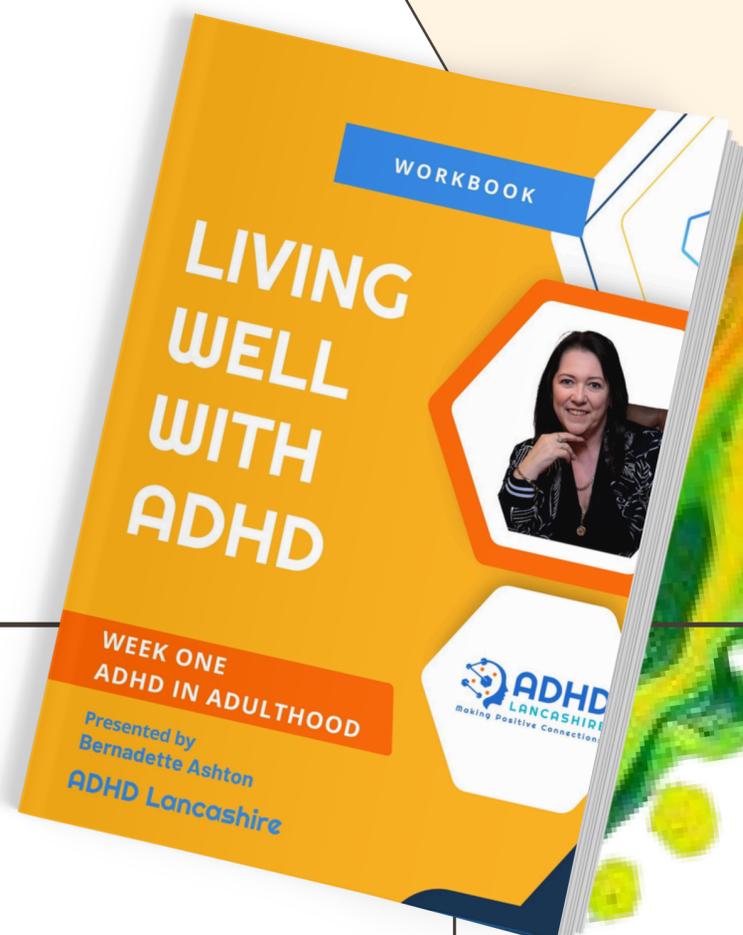
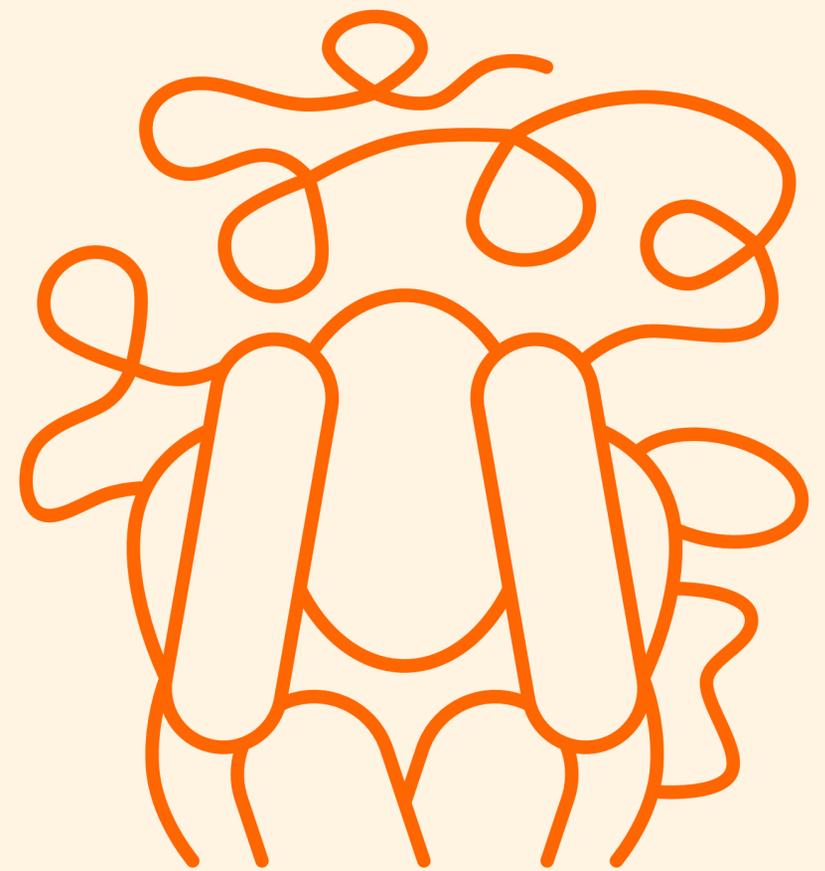


8 WEEK
ADHD COURSE

LIVING WELL WITH ADHD COURSE

Learn Strategies to Break the Overwhelm Cycle

No more spinning your wheels or feeling stuck. Learn simple, yet powerful strategies to break tasks into manageable steps, manage your time without guilt, and overcome procrastination with compassion. So you can move forward feeling capable, clear, and in control.

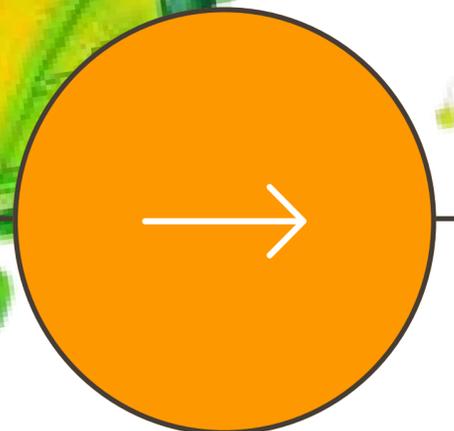
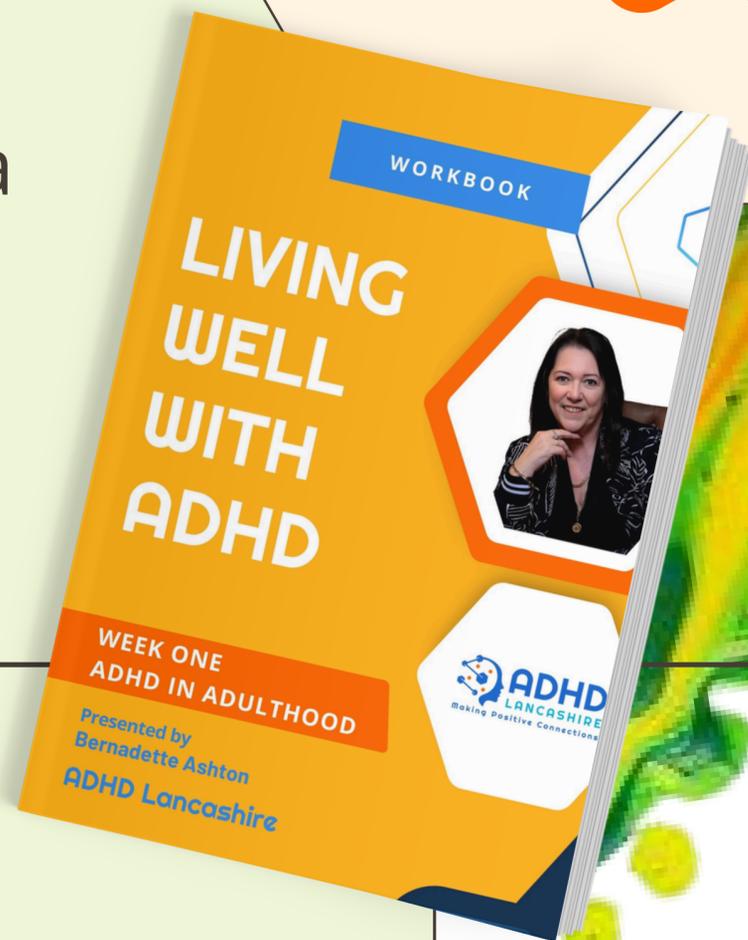


8 WEEK
ADHD COURSE

LIVING WELL WITH ADHD COURSE

Create a Better Work-Life Balance

Develop ADHD-friendly routines that reduce burnout and help you manage life at home after a busy workday.

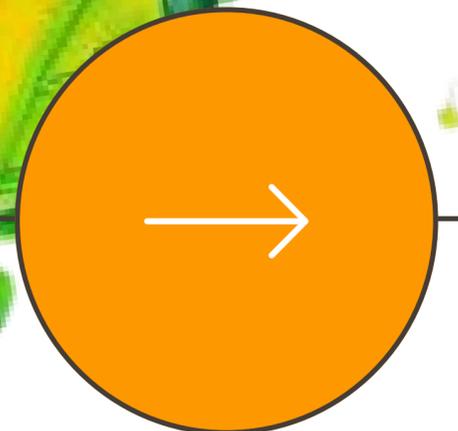
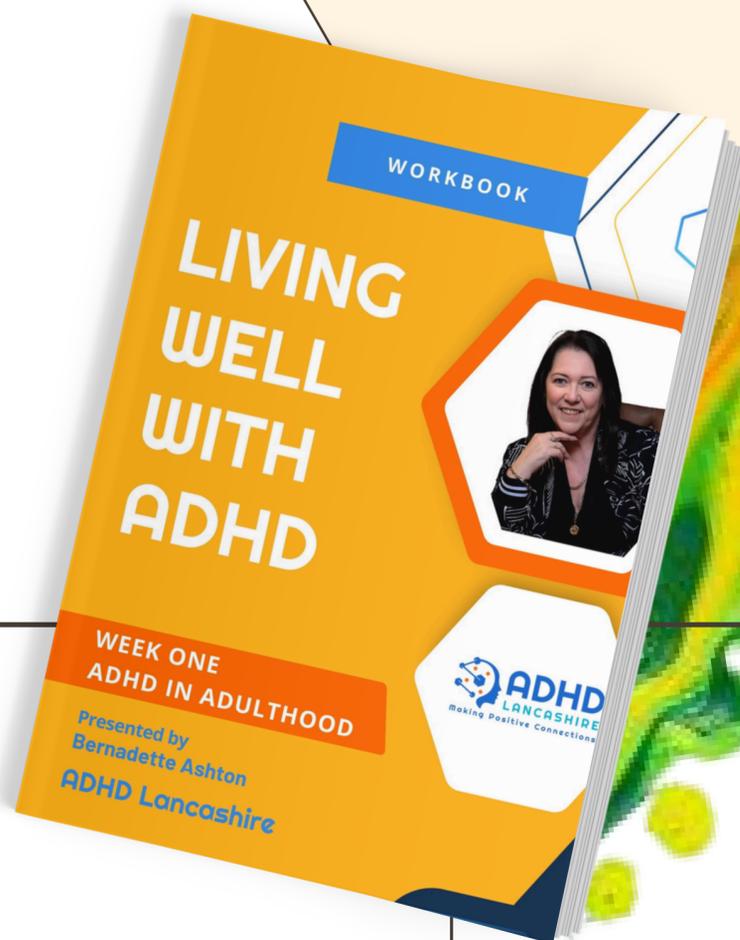
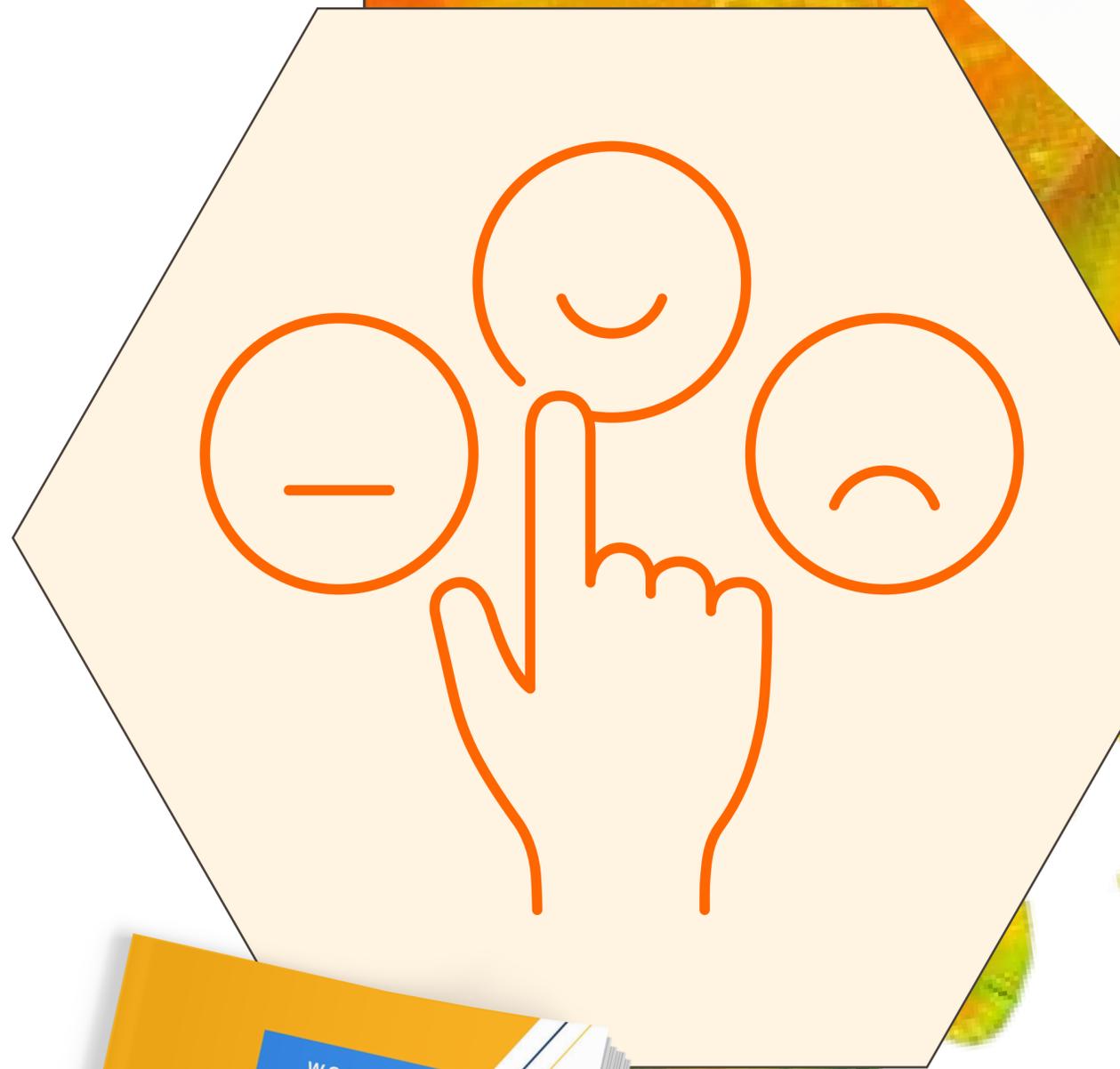


8 WEEK
ADHD COURSE

LIVING WELL WITH ADHD COURSE

Improve Emotional Regulation

Discover techniques for managing rejection sensitivity and big emotions, so interpersonal relationships feel more manageable.

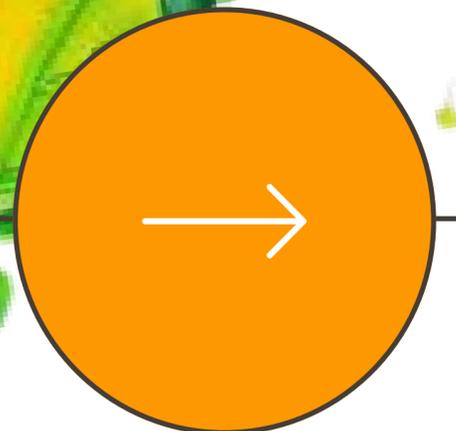
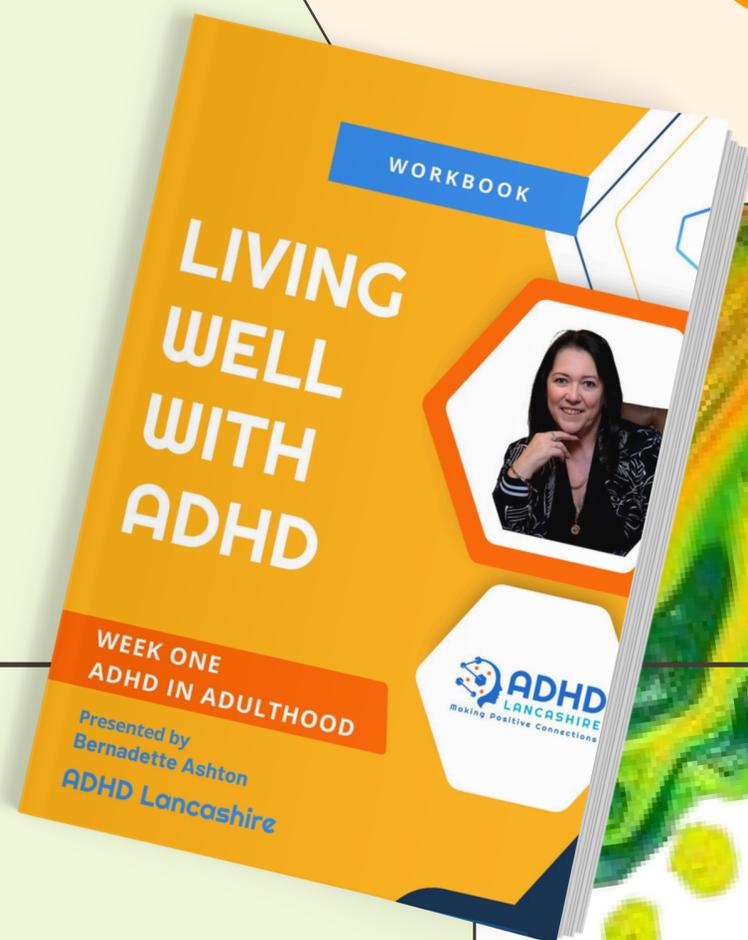


8 WEEK
ADHD COURSE

LIVING WELL WITH ADHD COURSE

Develop Self-Care Routines that Stick

Build habits to prioritise rest and recharge, leaving guilt and self-neglect behind.

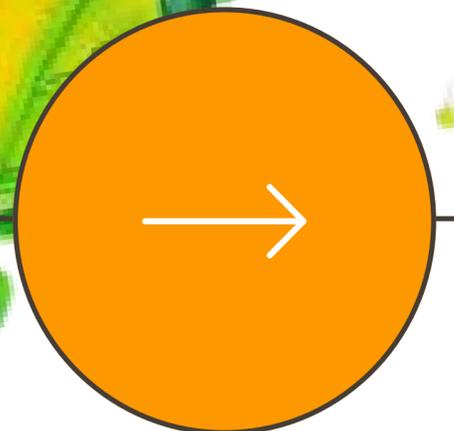
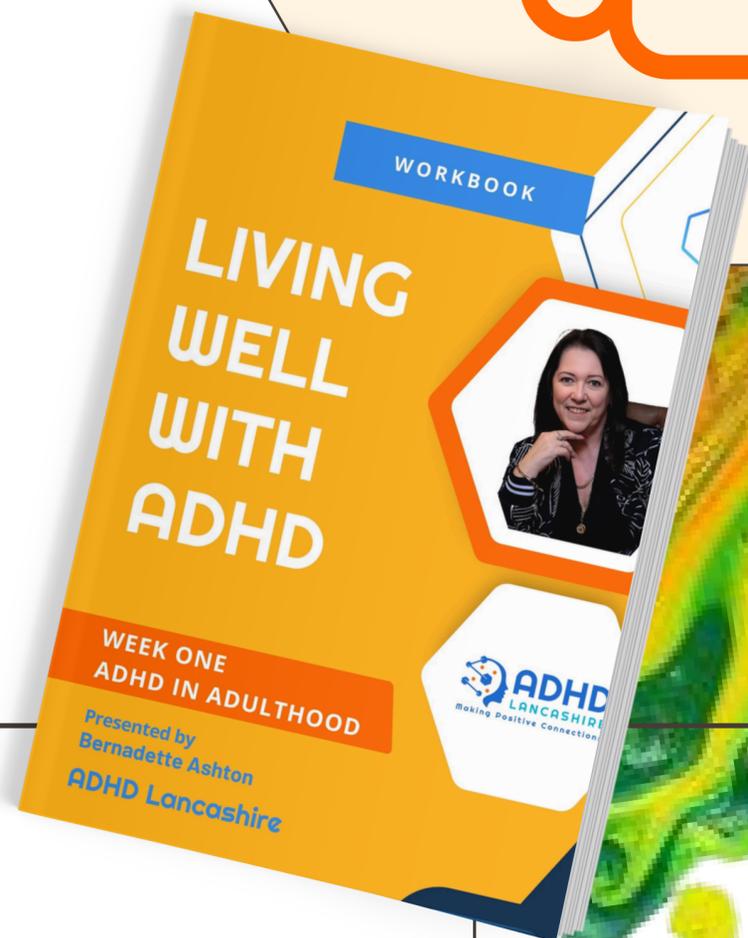
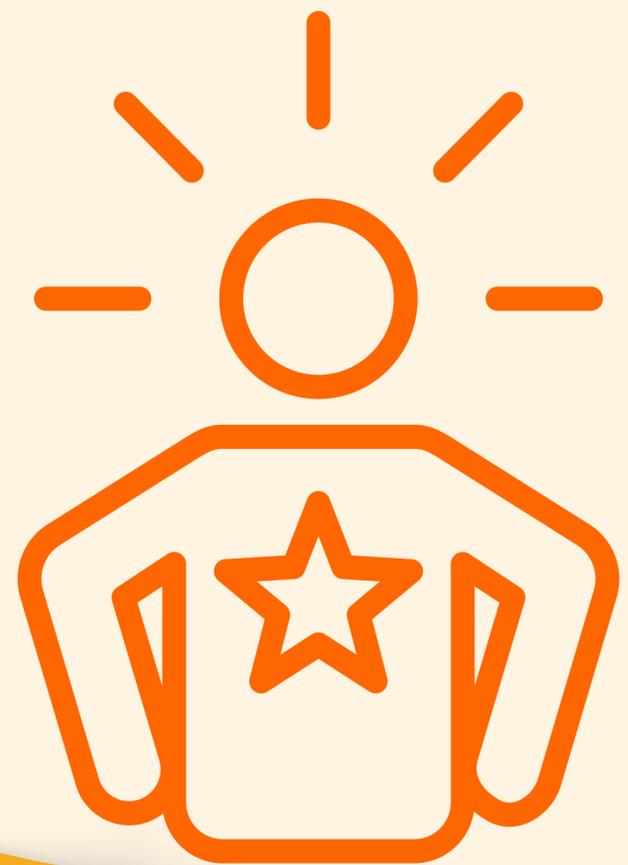


8 WEEK
ADHD COURSE

LIVING WELL WITH ADHD COURSE

Feel More Confident and In Control

Learn how to stop people-pleasing and set boundaries while respecting your needs, so you can reclaim your energy.

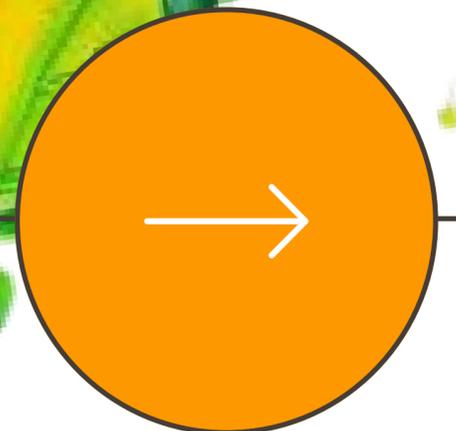
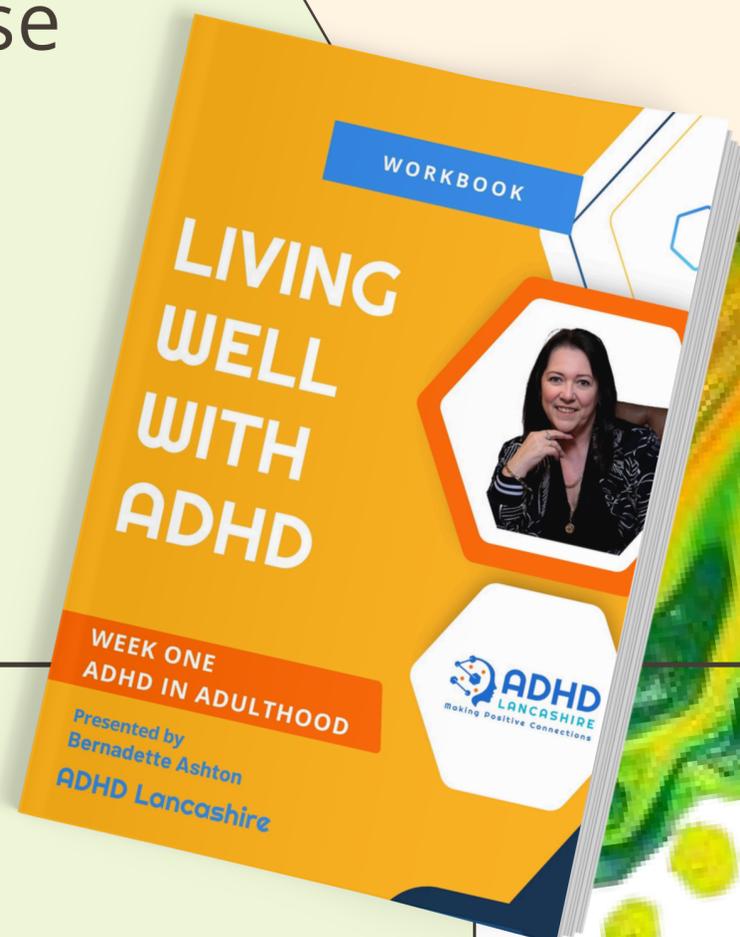


8 WEEK
ADHD COURSE

LIVING WELL WITH ADHD COURSE

Connect with Others Who “Get It”

Join a supportive group of adults navigating similar challenges and gain a sense of community.

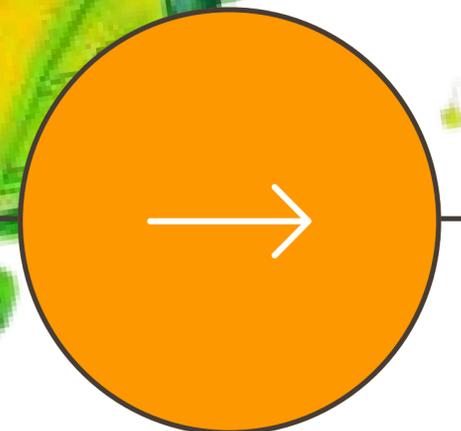
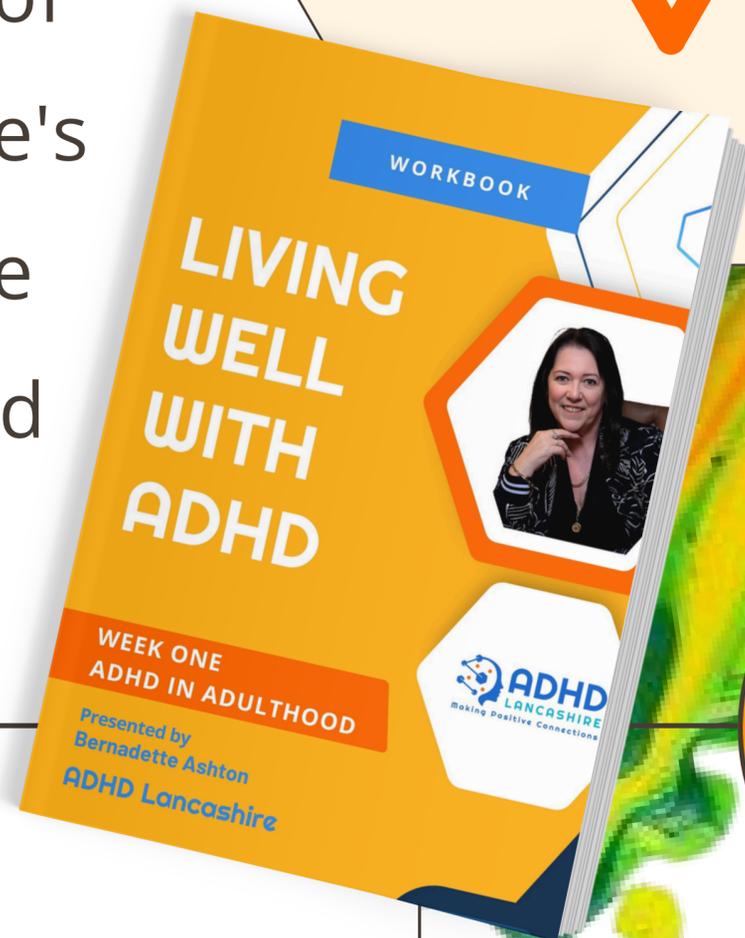
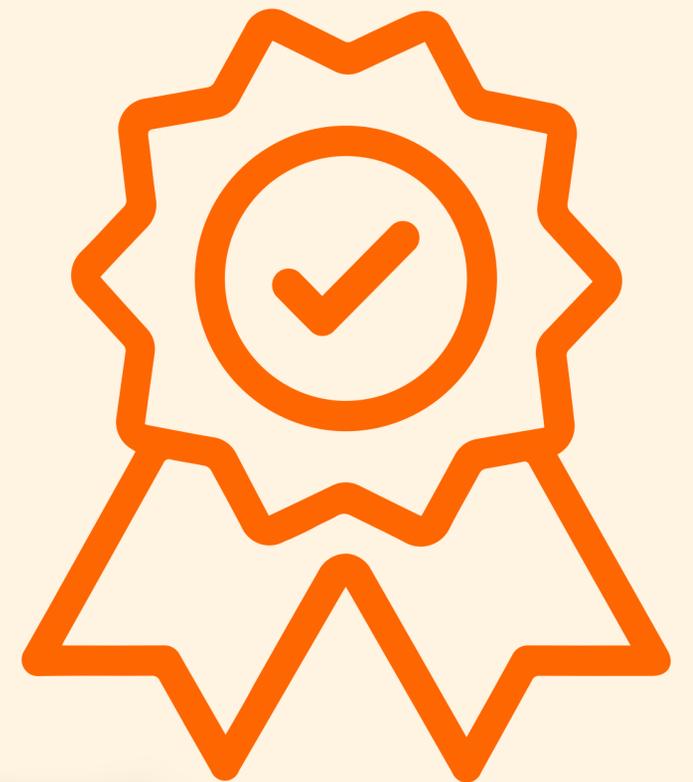


8 WEEK
ADHD COURSE

LIVING WELL WITH ADHD COURSE

Learn from ICF Certified ADHD Life Coach

With over 50 years of personal and professional experience, and 13 years as the founder of ADHD Lancashire. Bernadette's expertise ensures you receive compassionate, relatable, and evidence-based guidance.





READY TO LIVE WELL WITH ADHD?

**Join our 8-week
online course today!**



STARTING SOON!

BOOK NOW TO SECURE YOUR SPOT!

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**You deserve tools that make life easier,
not harder.**



ADHD
LANCASHIRE
Making Positive Connections