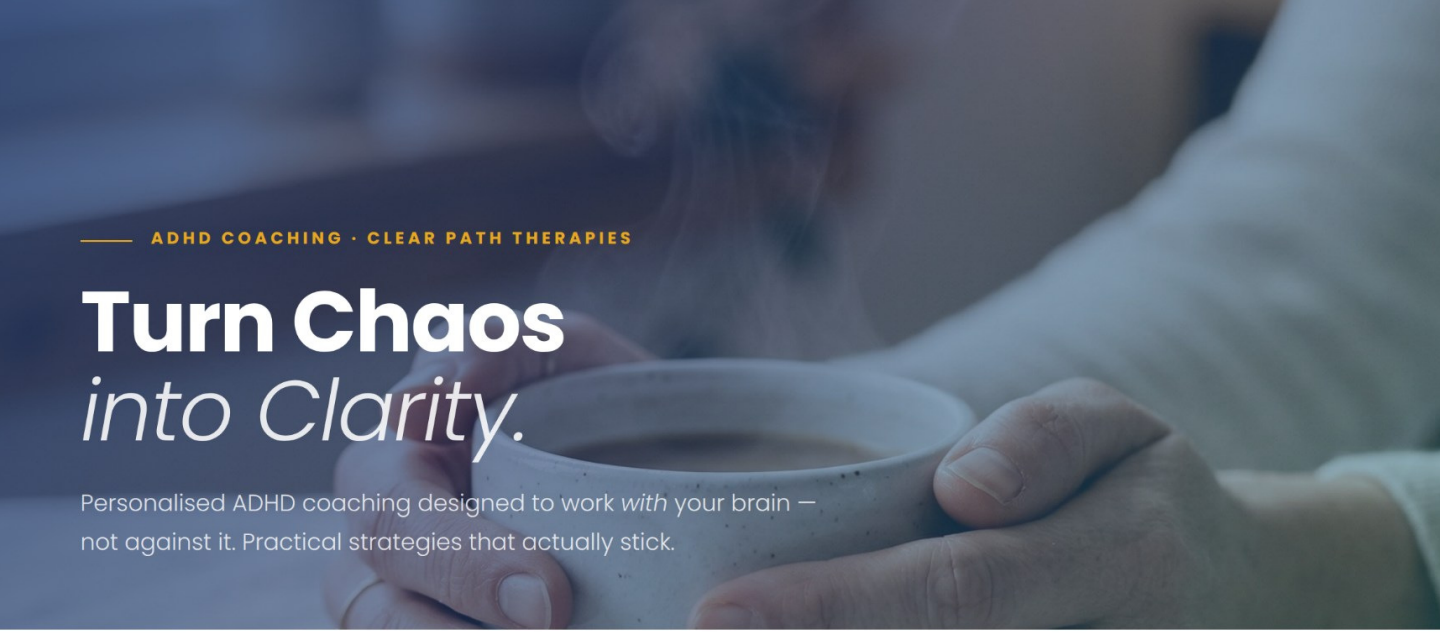


ADHD COACHING · CLEAR PATH THERAPIES

Turn Chaos *into Clarity.*

Personalised ADHD coaching designed to work *with* your brain — not against it. Practical strategies that actually stick.

ADHD COACHING
HEXHAM, NORTHUMBERLAND

ADHD coaching is a practical, strengths-based approach that helps you understand how your brain works and build strategies to thrive — whether you have a diagnosis, suspect you might, or simply struggle with focus, overwhelm, or organisation.

HOW COACHING CAN HELP YOU

Improve Focus & Concentration
Techniques to manage distractions and stay on track

Build Organisation Systems
Develop systems and routines that genuinely work for you

Boost Confidence & Self-Belief
Overcome self-doubt and recognise your strengths

Reduce Stress & Overwhelm
Manage emotions, triggers and day-to-day pressure

WHO IT'S FOR & WHAT MAKES US DIFFERENT

Who is this coaching for?

- Adults with a diagnosis of ADHD
- Individuals who suspect they may have ADHD
- People struggling with focus or overwhelm
- Professionals, students & parents
- Anyone seeking better balance & control

What makes it different?

- Goal-focused — centred on where you want to go
- Practical tools you can use immediately
- Collaborative — we work together as a team
- Forward-looking — progress, not just the past
- Delivered in-person, online or by telephone

Take the first step. *Your path forward starts here.*

FREE INITIAL TELEPHONE CONSULTATION · NO COMMITMENT REQUIRED

07717 018 215
clearpathclinic@outlook.com

Get in Touch