



# MYADHD<sup>®</sup> COACH

## Unlock Support for You with My ADHD Coach



### Access to Work Funding Available Now!

Struggling with ADHD, a hidden disability, or mental health challenges at work or in your business? You're not alone – and there's support available to help you succeed!

My ADHD Coach offers personalised coaching and practical tools to help you thrive at work. And the best part? You could be eligible for funding through the UK Government's Access to Work programme!

### How It Works ...

Book a **FREE** consultation with My ADHD Coach  
We help you apply for Access to Work funding  
Receive fully funded coaching, support, and tools tailored to your needs!

### What's Covered?

- ✓ **1:1 Coaching for neurodiversity, hidden disabilities and mental health conditions**
- ✓ **Time management, focus and productivity support**
- ✓ **Stress and anxiety management**
- ✓ **Admin & business support for self-employed individuals**
- ✓ **Assistive technology and workplace adjustments**

### Why Choose Us?



#### 30+ Collective Years of Experience

We are committed to providing high level support and innovative solutions.



#### Industry Expert

100% Success Rate in Applying for Access to Work Funding



#### Personalised Service

Life changing, personalised coaching tailored to your unique needs



#### Supportive & Nurturing

Ongoing support to help you thrive, personally and professionally