

HEART + SOUL COACHING

COACHING PACKAGES

A white price tag with a black outline and a small heart icon at the top right. The text '£500' is written in a bold, black, sans-serif font.

£500

ADHD Jump Start

- 6 week programme
- Sessions are 60 minutes weekly

In this package we will:

- Develop strategies for managing ADHD symptoms and improving focus.
- Identify and prioritize short-term goals
- Improve time management and organization skills
- Create an action plan for achieving goals
- Address common challenges and roadblocks associated with ADHD

Programme includes:

- Personalized coaching plan with action steps and resources
- 60-minute coaching sessions via video or phone call
- Customized tools and resources to support learning and growth
- Interest free payment options
 - £300 deposit payable in advance
 - £200 payable prior to the last 3 sessions

email: hello@heartsoulcoach.co.uk for further information





£960

Focused and Forward

- 3 month programme
 - 12 sessions

In this package we will:

- Delve deep into ADHD and your life experiences.
- We will
 - develop strategies for managing ADHD symptoms and improving focus
 - Create a personalized plan for setting and achieving goals
 - Identify and address limiting beliefs and thought patterns
 - Improve time management and organization skills
 - Develop techniques for managing stress and anxiety

Program Includes:

- Initial consultation call to assess needs and goals
- Personalized coaching plan with action steps and resources
- 60-minute coaching sessions via video or phone call
- Weekly email support between sessions
- Customized tools and resources to support learning and growth
- Mid-program check-in to assess progress and make adjustments if necessary
- Final wrap-up call to review achievements and set next steps

interest free payment options.

- Deposit of £300
- Three monthly instalments of £220 payable at the beginning of each month.

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£1800

Unlock Your Potential

- 6 month package
- 24 sessions

In this package we will:

- Develop strategies for managing ADHD symptoms and improving focus
- Identify and address underlying emotional and psychological factors that impact ADHD
- Create a personalized plan for setting and achieving goals
- Improve time management and organization skills
- Develop techniques for managing stress and anxiety
- Look at the impact of ADHD on sleep and how to minimise this
- look closely at your relationships and how to connect on a deeper level with those around you
- Build a support network and improve communication skills

Program Includes:

- Initial consultation call to assess needs and goals
- Personalized coaching plan with action steps and resources
- 60-minute coaching sessions via video or phone call
- Unlimited email support between sessions
- Customized tools and resources to support learning and growth
- Mid-program check-in to assess progress and make adjustments if necessary
- Final wrap-up call to review achievements and set next steps

interest free payment options.

- Deposit of £550

Six monthly instalments of £220 payable at the beginning of each month.

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