

WELCOME TO :

Empowered ADHD

Authentically ADHD



Hey homie!

Welcome to Empowered ADHD. I am so effin' proud of you for taking this leap. It's going to be amazing.

So many people say they want to make change, but you are part of the small percentage of them who actually takes action.

I am so excited to learn more about you and support you in reaching your goals. (Don't worry, we'll work on setting sustainable goals together). I'll be here every step of the way.



Love Always,
Jak :)



WHAT'S INCLUDED



During your time in Empowered ADHD, you will have access to **constant support** in the form of:

1. WEEKLY GROUP COACHING CALLS

The time of these calls will be determined based on a poll we will do the first week.

2. ACCESS TO ONLINE COURSE

Access to private video membership course with lessons I created geared towards womxn & non binary folx with ADHD. We will be working on stuff ranging from time management, to emotional regulation, to relationships/boundaries, to decision fatigue and so on. Get excited!

3. ACCESS TO PRIVATE FACEBOOK GROUP

Access to a private facebook group for everyone currently enrolled in this program where you can get support from group members and myself.

4. ACCOUNTABILITY PARTNER

This is optional. If you would like an accountability partner, please email me at authenticallyadhd@gmail.com

5. EMAIL SUPPORT IN BETWEEN CALLS

Work through 1 main thing / week via email



EXPECTATIONS



AS YOUR COACH MY ROLE IS TO:

- Come to calls prepared and on time
- Be fully present with you during our coaching calls
- Offer honest feedback from a birds eye view
- Help reconnect you with your inner wisdom
- Be completely non-judgmental
- Offer support, encouragement, feedback and expert guidance throughout our time together
- Help you implement the program material so you can be successful

AS THE CLIENT YOUR ROLE IS TO:

- Keep on top of course work so you can make the most of the time
- Show up to as many calls as you can
- Be a compassionate group member
- Take the action we decide upon on our calls to the best of ability
- Make all payments on time and respect all policies (in separate contract)
- Be open and honest with me and communicate with me as early as possible if something isn't working

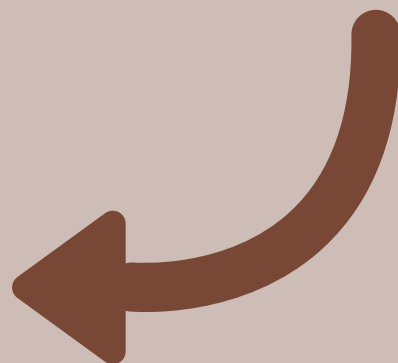
FACEBOOK FAM

The Empowered ADHD group is where we will be interacting as a community mostly in between calls.

You may use it to share successes, challenges, reactions to the lessons, our calls, etc. It is so healing to have a community.

CLICK THE FB ICON BELOW TO JOIN!!!

CLICK HERE TO JOIN!



YOUR TO DO LIST

☐

Join the facebook group (click facebook icon on previous page to join)

☐

Keep an eye on facebook group and emails for important announcements

☐

Reach out with any questions, fears, etc.

UPCOMING...

The week of October 19th will be **orientation week**. Do not worry about doing any of this yet, we will work through this all the first week. Just giving you a little taste of what is to come.

During this week we will:

- Vote and choose times for our group call and divide into groups accordingly
- Make sure you have easy access into the course and work through any issues that may arise
- Watch the welcome/orientation video where you will get more of an overview and what to expect
- Introduce yourself in the group (instructions will be in video)
- Decide whether you want to opt into an accountability partner and let me know

If you need to get ahold of me for personal support, contact me at
authenticallyadhd@gmail.com

If you need help with technical things like payment, teachable questions,
etc, contact Angelica at authenticallyadhdteam@gmail.com

Can't wait to get started. Catch ya on the flip side!

