Lumivera Coaching & Consulting

ADHD coaching for young adults

Trusting yourself through times of change and transition

College is ending, exams are getting closer and more of the planning now sits with you. Coaching gives you time to understand how your brain learns, then build a way of studying that fits you.

What we can work on?

Exam preparation
Revision plans that fit
Breaking topics down
Learning that suits you

Organisation
Planning and prioritising
Coursework and deadlines
Routines that work for you

Independent study
Getting started
Time and focus
Working on your own

Motivation
What gets you going
Energy levels
Restarting after a slow day

Exam pressure
Overwhelm
Intense emotions
Resilience

Self-trust and next steps
Knowing your strengths
Asking for support
Choosing what comes next

Building your ADHD toolkit. We try out tools and strategies together, so you keep what works for study, exams and everyday life.

How we work?

1. Safety
You feel heard and understood.

2. Mapping
We make sense of how you work.

3. Shifting
Creating choice, adapting habits.

4. Creating
Building tools.

5. Action
Small real-life tests. Then we adapt.

For parents

The coaching belongs to the student. They need to want it, and they choose what we work on.

We agree at the start what stays private and what is shared with you.

This isn't tutoring, therapy or medical care, and I can't promise grades. It can sit alongside support from college.

Next steps

Choose what suits you:

Clarity Session, £125. A one-off session of 60 to 90 minutes. You keep your map.

3-month partnership, £660. Fortnightly sessions, payable monthly.

Coaching agreement for the student and parent, so we all know how we'll work together.

Any questions?
Feel free to get in touch.

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