EmpowerADHD

For the woman whose ADHD was
missed, masked, or misunderstood.

ADHD Skills for *Women*

ADHD in women is *nuanced, internal, and often overlooked* — **we see the whole picture:**

- Chronic overwhelm
- Disorganization despite high potential
- Emotional dysregulation
- Perfectionism and procrastination
- Difficulty prioritizing or following through
- Burnout from masking symptoms
- Late diagnosis

Many women become experts at coping, compensating, and overachieving — while internally feeling scattered, behind, or "not enough." Hormonal shifts (puberty, pregnancy, postpartum, peri- and post-menopause) can intensify symptoms, making support across life stages *especially important.*

Progressive Therapy Associates & ProADHD Coaching

We're here to help!

IMPROVE. EMPOWER. RENEW.

701-356-7766 SMS 701-997-5556

www.progressivetherapyassociates.com

www.proadhdcoaching.com

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Support designed specifically for women creates *safety*, *validation*, and *practical strategies* that actually fit **real life**.

Empowering Women with ADHD through:

Education

Understanding how ADHD affects your brain reduces shame and builds self-compassion. We translate neuroscience into real-life insight.

Group Coaching

- Levels 1.0, 2.0, 3.0 -

Community changes everything. Our women-only groups provide:

- Shared understanding
- Skill-building in a supportive environment
- Accountability without judgment
- Connection with others who truly "get it"

Individual 1:1 Coaching

We don't offer generic productivity hacks. We help you develop customized, sustainable systems to support executive dysfunction symptoms:

- Time management
- Task initiation
- Planning and prioritization
- Emotional regulation
- Organization at home and work

Free Consultations

When you need a little more information and a face-to-face meeting to make sure it's a match for you!

Contact us today!

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