ProADHD Coaching

*It's not about "trying harder"; it's about working **WITH** your brain, **rather than AGAINST it.***

ADHD and Executive Function Skills Coaching

Coaching provides real-life support for **how your brain *actually* works**. Coaching might be a match if you've been:

- Battling chronic overwhelm and "never living up to potential"
- Knowing what to do—but struggling to do it consistently
- Starting strong, then losing momentum
- Systems falling apart when life gets busy
- Feeling stuck in cycles of burnout, avoidance, or frustration
- Desiring structure or rhythm—but not something rigid or unrealistic

You're not alone—*and you don't need more willpower.*
You need strategies that fit **your** brain—and support putting them **into action.**

Progressive Therapy Associates & ProADHD Coaching

We're here to help!

IMPROVE. EMPOWER. RENEW.

701-356-7766 SMS 701-997-5556

www.progressivetherapyassociates.com

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IMPROVE. EMPOWER. RENEW.

Empowering Individuals with ADHD

to reach their full potential each and every day!

Our certified coaches are uniquely trained in how attention, executive functioning, and self-regulation impact thinking, communication, and daily life performance.

Education

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

Group Coaching

For Men, Women, & Parents with ADHD

Community changes everything. Our groups provide:

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

Coaching Helps To:

- Bridge the gap between knowing and doing
- Build realistic systems that actually stick
- Stay accountable without shame or pressure
- Work with your energy, attention, and motivation patterns

Individual 1:1 Coaching

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

- Task initiation and follow-through
- Planning, prioritization, & time management
- Emotional regulation
- Organization at home and work
- Managing work, home, & life responsibilities

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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