



A place where neurodivergent adults feel heard, understood and supported to live fulfilled, sustainable lives

Kate supports and coaches adults with **ADHD** and **AuDHD**, so they can discover the right approach, tools and strategies that work for their individual challenges and traits.

With 20+ years experience in mental health and private therapy; Kate is passionate about dropping the shame, guilt and self-criticism, so that individuals can make **lasting positive changes** and **embrace their neurodivergence**.



Specialising in coaching individuals who have lost their way through late diagnosis, mental health labels, stigma, chronic overwhelm and burnout. Individuals who have masked for so long, they no longer trust their own judgement, know who they are, where they fit in, or know how to end this cycle.

Without exaggeration, my time spent working on myself with Kate has been life-changing. I am now more confident and open, calmer and ready to face whatever life brings my way (J.E)

www.blackdogcoaching.uk

DOES THIS SOUND FAMILIAR?



At times I achieve so much- it's brilliant to be so productive. But I know that once I stop, I stop completely; feeling low and exhausted. It feels very all or nothing! This is so hard to explain and understand. I can't get the balance right.

I feel like an imposter in my own life, not sure who I am. Where do I start? Am I broken? I struggle with overwhelm, and easily feel rejected. I struggle to sleep at night, often overthinking the day. Why is it so hard?

I don't feel good enough. I struggle to say no. I get stuck when things feel unfair or if I feel misunderstood. I worry other people think I'm over sensitive or over emotional but I care deeply. I feel everything.

I could not recommend Kate enough as a coach. Her guidance and support have helped me grow in ways I never imagined possible. She is kind, warm, gentle, and deeply understanding, and she consistently provides encouragement that builds confidence and clarity. Working with Kate has been a truly supportive and empowering experience (Cattie).



MEET YOUR COACH

Providing bespoke ADHD coaching to people who are ready to thrive without burnout or overwhelm

Kate is an Occupational Therapist, Clinical Hypnotherapist, trauma-informed mental health practitioner and Advanced ADHD Coach.

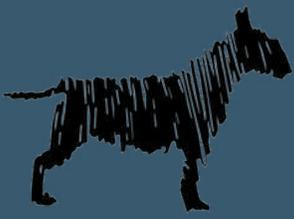
Over the last 23 years of working in mental health Kate has developed her own way of blending her skills and experience to meet her clients exactly where they are.

Why I do this work...

I get it. I'm ADHD (strongly suspected AuDHD), misdiagnosed for years as anxious, depressed, "stressed". I've been told to be more resilient, to have better boundaries with my time, to stop over-committing.

I've realised that self-employment is a better fit as I need flexibility and autonomy so I can offer mental health support and coaching that truly puts people first, without losing myself in the process.

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THE DETAILS

What Is Coaching?

Coaching sessions focus on moving forwards whilst finally being heard and understood. You'll develop practical, personalised strategies to manage your symptoms/traits so you can live more sustainably without burning out or becoming overwhelmed.

Coaching provides accountability, whilst fostering your strengths and developing your understanding and self-awareness to help you overcome the aspects of your ADHD or AuDHD that currently keep you stuck.

Let's Be Transparent...

Coaching is both a financial investment and a personal commitment. Having ADHD means you may be impulsive with money, you may really want to change... but are you ready for the work? If you're ready, I am here to support you.

**The cost of accessing coaching sessions with Kate is
£125 for a 75 minute session.**

If you're ready to book your Clarity Call, visit the **Contact** page on the website www.blackdogcoaching.uk

REVIEWS

Kate has given me the tools to ensure that even between sessions I am able to focus and further the work. My attitude to my problems flipped completely. She is completely invested in my journey and works alongside me to ensure I get the most from each session (EM).

Kate makes me feel safe and able to face my emotions without fear. Understanding that it takes time to adjust and adapt to change (Jo O).

Kate was brilliant, her understanding and subsequent guidance and support has made such a difference to my life. I hadn't truly appreciated my struggles. I had just been getting through things but it started to feel unsustainable. I'm sure I'll continue to benefit from my time with Kate, the tools and skills she's given me (Louise O).

CONTACT

Request a clarity call to get your journey started by visiting
www.blackdogcoaching.uk/contact

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