

Struggling With ADHD?

# Make Life Easier



Sheri Hall-Miller, MA, ACG  
Professional ADHD Life Coach

## ... With a qualified ADHD coach!

Move in the direction of your goals. PLAN a way to get there.

### As A Qualified ADHD Coach, Sheri Can:

- HELP YOU DEFINE A SOLID VISION
- Develop plans, structures or strategies with you.
- Combat the negative inner voice that keeps you from achieving your dreams.
- Educate you about ADD and ADHD if applicable.
- Create accountability for completing goals.
- Challenge you to achieve more.
- Encourage and support you.

Let's get started today!

Your first ADHD Coaching session is

# FREE!

