

Becky Durran

ADHD coaching for young people



Living with ADHD can leave you feeling overwhelmed, frustrated and unsure of where to start. Online ADHD coaching can help you to navigate these challenges with tailored strategies that work for you.

I create a safe space, where you can be open and honest about the challenges that you face. Together, we look at how executive functioning differences impact your life and develop practical strategies to support you. My aim is to help you identify your strengths and turn ADHD into an asset, not a barrier.

Ethical coaching

Ethical coaching principles are very important to me. This means maintaining complete confidentiality, unless there is a legal or ethical obligation to disclose information. I agree clearly defined boundaries with each client, and I am always sensitive to clients' values, beliefs and experiences.

I will never offer or continue coaching if I do not believe that I can be of genuine help, and I do not take any payments by credit card.

About me

After studying psychology at Nottingham University and training to teach at Cambridge University, I taught and was a pastoral tutor in state school and college sixth forms for 14 years. For five years, I was a Leaving Care Worker, supporting young people aged 16-25 through life's challenges, as they leave the care system. I am a highly trained coach, with an ADHD Works certification, an ICF accredited Professional Coaching Diploma and EMCC Practitioner status

I am married, live in North Yorkshire and have two teenage children, one with ADHD.

For more information about online coaching, testimonials & FAQs, please visit:

beckydurrancoaching.co.uk

To discuss how I might be able to help, or for a free 'discovery session', please contact me via the website, or by email:

becky@beckydurrancoaching.co.uk

"The great thing about Becky is the space she gives for me to be myself, so that I really feel heard by her during our sessions. Her knowledge of ADHD helps me a lot, but most important is how she gives me the confidence to go out and attack my goals."

