

Becky Durran



ADHD coaching
for young people

Coaching for
parents of young
people with ADHD



For young people (age 12 upwards)

Living with ADHD, young people can feel overwhelmed, frustrated and unsure of where to start. Online ADHD coaching can help them to navigate these challenges.

I create a safe space for young people, where they can be open and honest about the challenges that they face. Together, we look at how ADHD impacts their lives and develop tailored, practical strategies to support them. My aim is to help them identify their strengths and turn ADHD into an asset, not a barrier.

For parents

Coaching for parents of children with ADHD offers practical strategies to improve communication, set effective routines, and manage issues in a positive and structured way. It can help parents to build confidence, reduce stress, and develop a deeper understanding of ADHD, fostering a more supportive environment for both the child and the family as a whole. Through coaching, parents can learn to advocate more effectively for their child's needs and create a more balanced, harmonious home life.

About me

After studying psychology at Nottingham University and training to teach at Cambridge University, I taught in state secondary schools for 14 years. For five years, I was a Leaving Care Worker, supporting young people 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 EMCCC 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."

