



Understand your ADHD brain. Understand your Strengths. Design a life that works with it.

A six-week group coaching programme for adults with ADHD — especially if you're recently diagnosed.

Sound familiar?

"I have brilliant ideas, but struggle to know where to start."

"When something sparks my interest, I can achieve incredible things."

"I know I'm capable of more, but I haven't yet found systems that fit my brain."

"I lose track of time when something interests me."

ADHD comes with challenges, but it also brings creativity, energy, curiosity, problem-solving and big-picture thinking. You're not lazy, and you're not alone. Join a small, supportive group of adults learning how the ADHD brain actually works — and building practical strategies that fit your wiring, not someone else's.

WHEN	Tuesdays 6.00–7.30pm · 13 October – 17 November 2026 (6 sessions)
WHERE	The Nelson Clinic, central Nelson — in person
WHO	Adults with ADHD (max 8 people) — a coaching group, not therapy
WITH	Kirsten Thorp & Lou Morten, ADHD coaches
COST	\$420 for all six sessions

We believe ADHD is not something to overcome. It's something to understand, work with, and sometimes even celebrate. You'll leave with a better understanding of yourself and practical ways to turn insight into action.

Each week you'll get

- ✓ Plain-language understanding of how your unique ADHD brain works — no jargon, no shame
- ✓ Practical tools and strategies you can immediately put into practice
- ✓ A small group of people who get it (movement breaks included)

Keen, or curious?

Ask your Nelson Clinic clinician about a referral, or email us directly:

neurodiversity@nelsonclinic.nz

Places are limited to 8