



FOCUS FORWARD

ADHD COACHING, SUPPORT & RESOURCES

WHAT IS ADHD?

BY TYLER DORSEY

Tyler Dorsey is an ADHDer turned ADHD life coach. She is passionate about educating on all things ADHD and supporting fellow ADHDers as they create their path to success.

Many believe that ADHD is just the hyperactive, bouncing off the walls, talking out of turn, young boys. While that is one way ADHD presents, it is only a small portion of what ADHD really is. ADHD is also the quiet day dreamer who is in all Honors and AP courses and getting good grades but barely keeping up. ADHD is the adult who sent their child for an ADHD

 | TYLER'S TIPS

Freebie

TEACH YOUR CHILD
HOW TO MANAGE THEIR
BEHAVIOR



SCAN ME

WE HELP PEOPLE
WITH ADHD

~~SURVIVE~~
Thrive

SCHEDULE YOUR
CONSULTATION TODAY!

