



Getting stuff done with ADHD can be tricky. Learn systems and strategies to get through your tasks and stop procrastinating.



## ADHD Solutions for Procrastination

*7 weeks of course content including video, audio and journal work. Learning is supported via fortnightly live group coaching sessions with Jonathan and Madeline.*

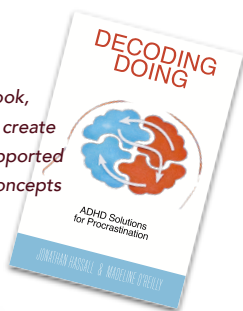
# DECODING DOING THE PROGRAM

*When you have ADHD, getting stuff done can feel something of a mystery. Procrastination happens easily, despite the best of intentions. Learn systems and strategies that support you to stay on track and make life happen.*

### Online content and live group coaching

Work through the video and audio content at your own pace and be coached as you apply the skills via a live group coaching sessions every fortnight. Review the content when it works for you and join the optional group sessions to get support and coaching to help you figure it out.

*This program is based on our book, **Decoding Doing**. We wanted to create an opportunity for you to be supported and coached as you apply the concepts from our book into real life.*



### Getting started

Follow this link for more info and get started making things happen. Start anytime!\*



On demand content & live coaching group sessions

**\$295**

[decodingdoing.com](http://decodingdoing.com)

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[info@connectadhd.com](mailto:info@connectadhd.com)

### How it works

**Every week for 7 weeks** review the content and apply the knowledge to your life and projects

**Every fortnight for 12 weeks** attend the optional live online coaching session with us to solve any issues and celebrate your successes.

**After the program** you retain access to all the materials so you can continue to review and use them as long as you need.

### Madeline O'Reilly

Clinical Psychologist who worked with adults with ADHD for over a decade. Find out more at [madelineoreillyclinicalpsychology.com](http://madelineoreillyclinicalpsychology.com)



Expert ADHD & Executive Function Coach, coaching and speaking internationally since 2014. Find out more at

[www.connectadhd.com](http://www.connectadhd.com)

### Jonathan Hassall