



Coaching Service



Are any of these an issue for a child or young person in your family?

- Behaviour difficulties
- Opposition
- Anxiety
- Anger
- Low self-esteem
- Social and communication skills
- Concentration and attention
- Underachievement
- Organisation skills
- Self-care and personal hygiene

These are typical problems that can be improved by working with a Specialist Coach.

Our Specialist Coaches work with parents and carers of children and young people up to age 25, providing you with the knowledge and skills to support your child and improve family life. Our approach is to empower you to make a difference.

Meet Lisa - One of our qualified, experienced coaches



After three years of running the ADD-vance helpline, Lisa trained as a Specialist Coach, allowing her to pursue her passion for supporting families to change their lives for the better. Lisa has a wealth of knowledge developed through roles with the charities Marie Curie and Family Lives and through her own experience of supporting three neurodiverse children in her family