



Coaching Service



ADD-vance Specialist Coaches work with parents and carers of children and young people up to age 18 to provide you with the knowledge and skills to support your child and improve family life. Our approach empowers you to make a positive difference.

How can specialist coaching make a difference?

- Strategies to support attention, impulsivity, and hyperactivity
- Support with Executive Function skills; such as procrastination, planning, prioritisation, organisation, time management and emotional regulation
- Identifying and supporting sensory needs
- Strategies to manage anger and / or anxiety
- Boosting self-esteem
- Promoting self-care and building skills towards independence for the child/young person
- Supporting effective communication within the family

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 neurodivergent children in her family