

ADHD

in GIRLS & YOUNG WOMEN

SAME
BIG FEELINGS
BRIGHT IDEAS
DIFFERENT PATHS

You are not too much.
Your brain works a little differently.



Understand your brain

Learn how ADHD shows up for you (and why).



Manage the hard stuff

Get real tools for focus, emotions, overwhelm and more.



Build on your strengths

Your creativity, empathy and big ideas matter.



Be kinder to yourself

Less self-criticism. More self-compassion.



Find what actually helps

Practical strategies that fit your real life.

BIG FEELINGS
BRIGHT IDEAS
CREATIVE BRAIN

OVERTHINKER
KIND HUMAN
STILL WORTHY

A calmer mind.
A brighter tomorrow.



Want to know more?
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REAL SUPPORT
PRACTICAL TOOLS
A BRIGHTER TOMORROW

