



## **Live Outside of the U.S. and Need Coaching?**

As I have grown my practice over the years, I have discovered the need to provide consulting and coaching services to many clients who reside outside of the United States. ADHD Coaching is a very specialized area and I often speak with people who have been frustrated by their diagnosis and the inability to find appropriate resources or expertise in their own communities.

How would ADHD Coaching be performed if you live in the United Kingdom, for instance? We could either “meet” via Skype, Facetime or phone on a weekly basis at a scheduled time. Many of my clients, even if based locally, prefer to conduct their appointments via technology. Most report that the sessions are equally effective and the distance sessions alleviate the stress and travel time to meet in person.

My role as a certified coach is to bring another perspective to daily challenges presented with ADHD or a learning difficulty. We will strategize, prioritize and brainstorm your short and long term goals, whether business or personal. I work in a highly interactive and purpose driven manner that will help decrease your existing frustrations of the present and turn those challenges into defined action items that are truly attainable and measurable.

Often times we can find a convenient time to “meet” even with the challenges of navigating the local time differences! I maintain a flexible schedule and will do my best to accommodate a convenient appointment during the week along with limited weekend availability.

For a complimentary phone consultation, please call Christine L. Robinson, M.Ed. Certified ADHD Coach/Educational Consultant at 617-842-0634 or [Christine@ADDActionCoach.com](mailto:Christine@ADDActionCoach.com).

Skype or Facetime sessions are also available.

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