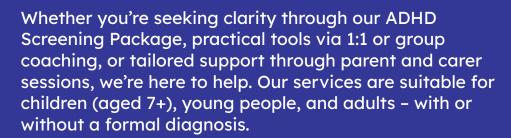


We offer a comprehensive range of ADHD-focused services designed to support individuals, families, and professionals. Our approach is evidence-based, strengths-focused, and tailored to each person's unique needs.



For professionals, we provide CPD-accredited ADHD workshops and consultations, equipping teams with upto-date knowledge, reflective practice opportunities, and practical strategies to better support neurodivergent individuals.

From early identification to ongoing support and training, we work collaboratively to empower individuals, strengthen relationships, and build inclusive environments across home, education, and community settings.



**Online Support** 



Face-to-face Support



Parent / Carer Support



Support for Professionals



## **Our Services**

#### **ADHD Screening Package**

If you're working with someone aged 7 and above, including adults who shows traits like hyperactivity, inattention, impulsivity, or hyperfocus, our ADHD Screening Package offers a quicker, more affordable, and evidence-based way to explore what's happening.

### **Individual Coaching**

Suitable for anyone aged 7 and above, including adults, with or without a formal diagnosis. Our coaching helps attendees to understand their unique brains, build executive function skills such as planning, organisation, time management, working memory, task initiation, focus, self-monitoring, emotional control, impulse control and flexible thinking.

Available 1:1 or in small-groups

#### **Parent & Carer Coaching**

Suitable for those supporting children or young people aged 7 and above, with or without a formal diagnosis. Sessions help parents and carers to better understand ADHD, explore how it affects executive function skills (such as planning, organisation, time management, working memory, task initiation, focus, self-monitoring, emotional control, impulse control, and flexible thinking), and develop practical strategies for support at home, in school and in daily life.

Available 1:1 or in small-groups



## **CPD Workshops for Professionals**

We offer high-quality CPD workshops designed to deepen understanding of ADHD and equip professionals with practical tools. Our sessions are grounded in current evidence and lived experience, and are always strengths-based, interactive, and solution-focused. Whether you're looking for a one-off session or a full training programme, we can tailor delivery to your team's needs.

#### **Consultations for Agencies**

Our consultation service provides agencies with expert, tailored advice to enhance support for children and young people with ADHD. This includes developing personalised strategies for individuals, guidance on creating effective ADHD support plans, and recommendations for establishing ADHD-friendly environments within your organisation.

Talk to us about tailored support for individuals, families, or professionals, email us at: thinkADHD@kapella.org.uk



# **Our Costs**

## Services For Individuals 7+ (children, young people and adults)

| Services  | Cost  |
|---|---|
| ADHD Screening Package  | £170  |
| Additional Qb Check Clinical<br>Report                            | £50   |
| Coaching  | £60 a session   |
|   | £200 for 4 sessions   |
| Group Coaching  | £400 per 4-week group (£340 per group when booking 3 or more) |
| 1:1 Emotional Regulation<br>/ Wellbeing Support or<br>Counselling | £55 a session   |
|   | £5,265 for a half day (3 sessions) for 39 weeks               |
|   | £7,800 for a full day (5 sessions) for 39 weeks               |

## **Services for Parents and Carers**

| Services       | Cost   |
|----------------|--|
| Coaching       | £60 a session  |
|                | £200 for 4 sessions  |
| Group Coaching | £600 for 4-week group<br>(£510 per group when booking 3 or more) |

#### **Services for Professionals**

| Services                       | Cost   |
|--------------------------------|--------|
| 3-Hour CPD (max. 20 attendees) | £560   |
| 1-Day CPD (max. 20 attendees)  | £960   |
| 2-Day CPD (max. 20 attendees)  | £1,840 |

Consultation – This may include tailored strategies for supporting an individual young person, guidance on developing effective ADHD support plans, or advice on creating ADHD-friendly environments. Please contact us for pricing thinkADHD@kapella.org.uk

