

To whom it may concern,

This letter is written to provide information about my client

_____ who started health and wellness coaching with
Orlando ADHD Coaching on __/__/_____.

Orlando ADHD Coaching is an ADHD coaching business that provides coaching and lessons about building Executive Functioning skills and learning solution based skills to everyday ADHD problems, which, when mastered, have a marked effect on the mental health and well-being of the person with ADHD. Clients are charged _____ for (group, text, one-on-one)_____ ADHD Coaching.

As an AACC level practitioner and coach professionally trained in behavioral modulation, neuroplasticity, motivational strategies and advanced communication techniques, I created Orlando ADHD Coaching to empower individuals to take ownership, leadership and accountability of their ADHD brains and lives.

The focus is on developing motivation and obtaining key skills to create obtainable, sustainable, and permanent change for improved functioning within society, assisting the client in gaining control over their lives, and as an added bonus, watch them flourish and grow in many ways, including their mental and physical health.

For information about our ADHD Coaching Visit:

<https://orlandoadhdcoaching.com/hsa-and-fsa-coverage/>