

6 Week Group Chaos Crushing Reset For ADHD Moms

6 Weeks to learn about your ADHD brain, evaluate your systems and redesign your life to crush chaos and become a better version of yourself that you know exists.

Included in this offer:

- 6- 60 minute weekly group coaching sessions via zoom
- More affordable but the same information as one on one coaching
- Added accountability and community of the group

Special Price: \$600

Next group begins January 2026



Not Included in this offer:
Weekend access to Rhonda
Phone calls or texts outside of scheduled
coaching times
therapy services

RHONDA ESTLING, LMFT
ADHD COACH AND
CONSULTANT
www.rhondaestlingconsulting.com
319-214-0226
coaching@rhondaestlingconsulting.com