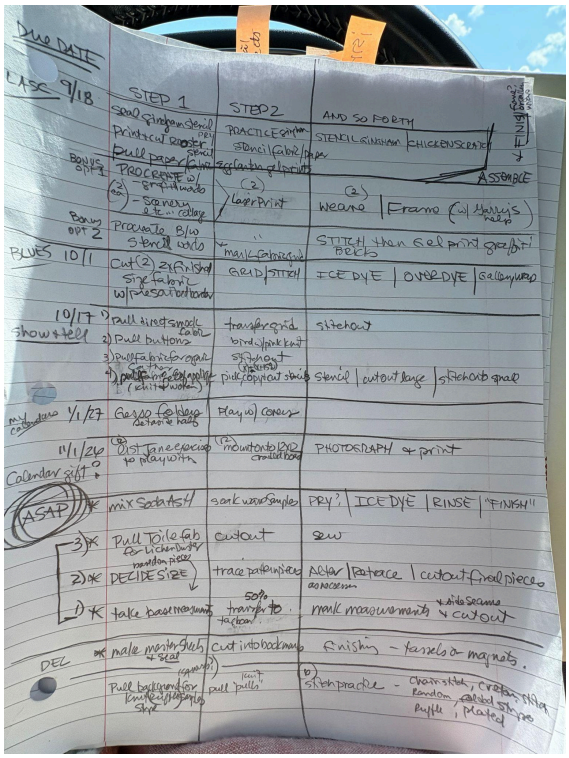
EMPOWERM3
LIFE COACHING SERVICES

Updated: Aug 31, 2026

What Clients Are Sharing

Cindy,

I have been a bit overwhelmed… too many ideas flowing but no execution happening despite having looming deadlines… the age-old prioritization problem. So i sat down and did THIS this morning 😊👏 Needs one more revision, but is workable in this format at least.



THANK YOU for giving me cues and structure so that i now can step back and write down what i know so that i can PRIORITIZE!!! 🤗🤗🤗🤗

You are the greatest!!! Thank you for what you do!!!

Clear

Awareness

Liberates

Magic

-Kelly Hutchens (August 28, 2026)

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Coach Cindy validated my lived experience and gave me hope that a future exists where I can access my special talents and skills and navigate the challenges of ADHD. Thank you!

***anonymous please (3/10/2026)**

Although I am the Director of Design for a major metropolitan airport, I still found myself struggling with the pressures of work, exacerbated by my adult ADHD. In fact, I have been struggling with ADHD throughout my career. The 8 weeks I spent with Cindy North and her program have improved my attitude and outlook on work and home life in ways I never would have expected. Her program to better understand and harness my ADHD have made me a better employee and a better person and I highly recommend other professionals to find out for themselves what a difference she can make.
– Craig F.

Working one-on-one with Cindy North through her Empower M3 coaching program was genuinely impactful for me. I came into the program feeling scattered, overwhelmed, and struggling with time management, organization, and self-motivation. As someone with ADHD, I knew those challenges wouldn't magically disappear — but Cindy helped me develop practical routines and systems that actually work for me.

One thing that stood out most is that Cindy never tried to feed me answers or impose techniques. Instead, she has a thoughtful, subtle way of drawing insights out of you and helping you expand on your own ideas, so the solutions truly feel like your own. Together, we built systems that apply not only to running my business, but to my home life as well. I still go through waves where I fall out of good habits, but now I recognize it much quicker and have the tools to redirect myself back into the routines we created.

The biggest change has been my ability to manage overwhelm. When I feel overloaded now, I know how to slow my thinking, organize tasks, and work through them in a systemized, manageable way. Cindy brought zero judgment to the process — only support, care, and a genuine concern for my well-being. I would highly recommend her to anyone who feels overwhelmed and wants a better grip on their business or home life, even if things aren't "out of control." This work builds awareness, confidence, and lasting skills that stay with you.

– **Reynolds, Lexington, KY, January 2026**

Working with Coach Cindy has helped me deal with the day-to-day and long-term struggles of ADHD. Before coaching, I struggled to ignite and activate to complete tasks. I would procrastinate and avoid them altogether. By partnering with Coach Cindy, we have identified and developed methods and tools to bolster my executive functioning skills, empowering me to tackle tasks head-on. One of the most valuable parts of this experience has been being heard by someone who understands what it is like to deal with ADHD, is invested in your success, and is with you every step of the way to help you manage your ADHD to live a better life.

Jacob, Project Manager, 3/25/2025

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I was diagnosed with ADHD in first grade and took medication until eighth, but after that, I just managed. Or so I thought. I did not pursue any kind of treatment or support. I just assumed the chaos, the pressure, the internal struggle was normal. I got good at coping, but never actually understood why things felt harder for me than they seemed for everyone else.

I even tried therapy a few times, hoping for clarity or direction, but I kept hitting the same frustrating wall: "That is a Xander problem." No real answers. No real help. Just more spinning in circles.

Then I started coaching with Cindy North. And for the first time in my life, someone did not just see my symptoms — she saw me. She understood my brain on a level that blew me away. She helped me make sense of patterns I had been stuck in for decades and gave me practical, actionable tools to actually move forward.

This was not about managing dysfunction — it was about unlocking potential. Since coaching with her, I have taken my business to the next level with more clarity and focus. I have built deeper, more meaningful relationships. I have responded to life's challenges with strategy and strength instead of overwhelm.

And maybe most importantly, I do not see my brain as broken anymore. I see it as a superpower. Cindy helped me stop surviving and start thriving. Coaching with her has been one of the most transformational experiences of my life.

Xander, SBO, 3/21/2025

My experience with EmpowerM3 has been life-changing, and we are only two months in. Cindy has supported me in learning Positive Intelligence, and I love that she has paired her coaching with this learning, and this has only been one part of it. Cindy's supportive and compassionate coaching abilities have allowed me to discover things about myself while also taking action. I had previously tried therapy and did not get where I wanted to with it, so I decided to go in the direction of working with a coach, which was the best decision for me. I have been able to process past experiences while also finding ways to move forward and show up in a way that supports me being the best version of myself. I could not recommend Cindy more if you are ready to make positive changes and want the support to take the next steps for you.

Katie, Investment Broker, 2/28/2025

Working with Coach Cindy for over six months has truly helped me rewire how I handle life's challenges as an executive over 50 living with ADHD. One of the most valuable things I have gained is the ability to find peace before reacting. Learning to pause and look within, rather than meeting adversity with anger, has been a game-changer for me.

Before coaching, overthinking kept my mind racing. Now, I have tools to see situations differently, let go of unlikely worst-case scenarios, and better understand others' struggles.

This process has helped me calm my mind when it is overwhelmed by others and has strengthened my discernment on a whole new level. The Positive Intelligence program, along with Coach Cindy's guidance, gave me practical mental fitness tools I still use every day.

If you are ready to gain clarity, calm, and a better way to lead yourself and others, I highly recommend working with Coach Cindy.

Executive, over 50, 2024

Before working with Coach Cindy, I was really hard on myself without even realizing it. Through coaching, I have made real progress in being kinder to myself and recognizing what is actually realistic for me instead of setting myself up for disappointment.

I have learned to set more reasonable expectations and have discovered a few practical tools that help me when I feel stuck. I appreciate that Cindy creates a safe space to build awareness and self-compassion, and I always feel heard.

This coaching experience has helped me understand myself better and take healthier steps forward. I would recommend Coach Cindy to anyone who wants to work on self-kindness and realistic goal setting with real support along the way.

Coaching Client, 2023

Working with Coach Cindy for over six months has been life-changing for me. As a 53-year-old personal trainer from Ohio living with ADHD, I used to feel like my days were constantly putting out fires. Through coaching, I have learned to build daily habits that bring structure and freedom, rather than chaos.

One of the biggest shifts for me has been recognizing my self-judgment and learning to give myself grace. Coach Cindy's guidance and the Positive Intelligence program have helped me catch my inner saboteurs, practice self-command, and lean into empathy more than ever.

This journey has not only brought self-discovery and countless 'aha' moments, but it has also improved my conversations and relationships with my adult children. I wholeheartedly recommend Coach Cindy to anyone ready to grow and thrive.

- Trish, 2025

Coaching with Cindy has been life-changing for me. I have learned to step back from old behavior patterns, stop negativity spirals, and show up as a much better parent. The Positive Intelligence program and Cindy's guidance have helped me find balance, understand myself and my son more deeply, and break free from unhelpful habits I have carried for years. I would not trade this experience for anything!

55yo, Licensed Massage Therapist, 2022

Working with Coach Cindy has been such a positive experience for our son and for us as parents. We have seen real consistency in his approach to school and so much more independence. He needs far less oversight from us than before. He seems genuinely empowered by the work he has done with Coach Cindy and it shows in his attitude and daily habits.

One of the biggest struggles he has overcome is staying on top of his schoolwork and having the awareness to ask for help when he needs it. Through coaching, he has discovered his own strengths: he is now more aware of his challenges and approaches them with a positive attitude and practical strategies for coping. Although it was difficult to schedule with Coach Cindy at times, our son worked through that, helping him learn to manage his needs and time more effectively. We are so grateful for the tools and confidence he has gained through this process.

Parent of a High School Sophomore, 2022

Our son was diagnosed with ADHD many years ago, so we are not new to the challenges this brings. We felt like we had a handle on things and then…the teen years began. It is an understatement to say we were at the end of our rope as a family. We tried counseling and various therapies, but nothing seemed to work. When we started this process, we had no idea that ADHD coaching existed but after reading more about it we decided to give it a try. We interviewed several people before finding Cindy. When we first spoke with her it was apparent that she not only has a passion for helping people, but she is extremely knowledgeable in all aspects of ADHD. We decided that she was a perfect fit for our son, and they got started. We have no idea what she did or how she did it, but she is amazing!! Not only did she help our son with skills to navigate life with a brain that works differently, but she somehow got him to take the reins and gave him the tools he needs to navigate his own journey. He went from constantly getting in trouble at school, failing his classes, and having an awful attitude at home to A and B grades and a positive attitude! If you are where we were and looking for help, I encourage you to give Cindy a try. She has truly made a remarkable impact on our son and our family, and we are forever grateful for her and the incredible work she does!

Melissa, Dylan's Mom, 2022

If you guys are thinking about ADHD coaching don't think twice. Pursue it! It's one of the best ways to cope with your ADHD. Before I met Ms. Cindy, I was a train wreck, an F student, and getting in trouble

all the time. Now I have A's and Bs in all my classes. I used to do therapy where I would go and see someone in person, and it didn't do much for me. It's kind of crazy and life changing how talking through a computer is better than in person. Ms. Cindy is one of the best people out there for this kind of stuff. She takes her job very seriously and is very professional. She makes sure you get the help you need and the kinds of things you are looking for. Whether it's methods to help you or methods to drop bad habits, either way every single word spoken has helped me. I'm not just saying this to say it it's coming straight from the progression and work her and I have put into it. Talking to her feels like I'm talking to my friend, and I can trust every word I say will stay between us. I will always hold her close and remember the work we have done together! This is truly a dream come true for me and my family!!

Dylan, 16yo High School Student, 2022

Coach Cindy and the Positive Intelligence program have been life-changing for me. I have learned how to shift from chronic negativity to peace and hope, and I now know how to access my Sage mindset quickly when challenges come up. Her guidance helped me break my habit of criticizing and gave me tools I could not have found on my own. I feel genuinely encouraged and equipped to stay ahead of my old patterns every day.

CEO in Finance, 2022

Cindy has been such a positive light in my life. I really cannot give her any negative feedback or else I would not be coming back for almost a year now. She listens to you fully and makes you understand things from an outside perspective. I thoroughly enjoy our sessions.

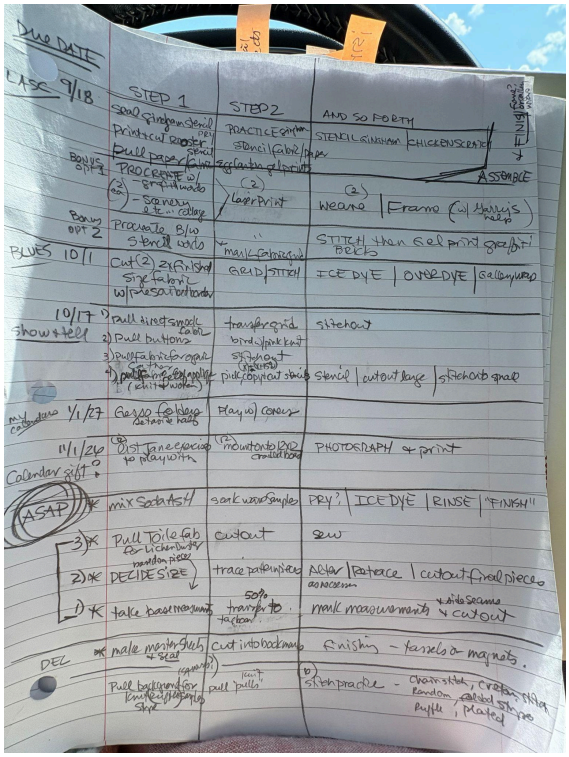
Coaching Client, 2021

Testimonial Bank

Adult Women

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Testimonial Bank

Parent

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Youth

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Testimonial Bank

Groups- Women

Testimonial Bank

Group- Men

Craig F. Testimonial:

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