ADHD isn't the problem. Cookie-cutter fixes are.

Let's build something that *actually* works.

Apply to Join Fall ADHD Labs today!

Does this sound familiar?

- You know WHAT to do but just can't seem to do it?
- You feel hopeless sometimes… then guilty for feeling that way.
- You are tired of patching together quick fixes that eventually collapse back into chaos
- You worry about being misunderstood, yet still hope life could feel different — and better.

If so, ADHD Labs might be exactly what you need.
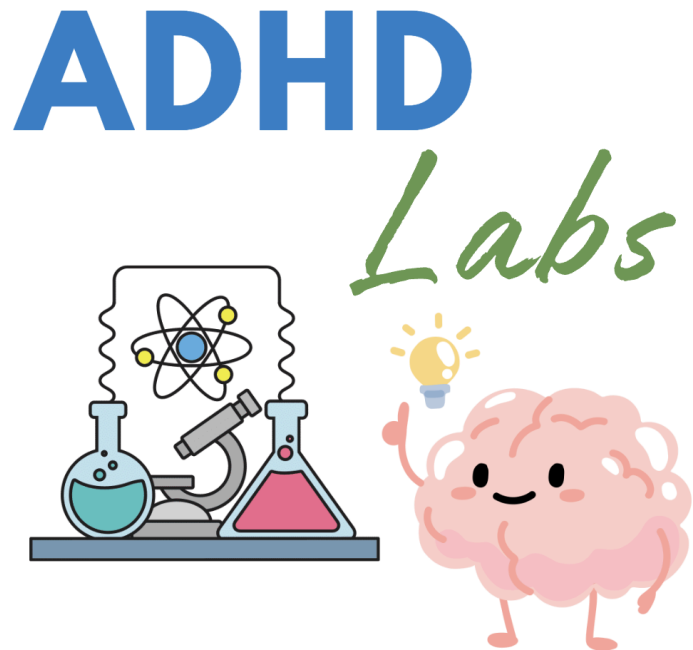
What is ADHD Labs?

ADHD Labs is a **four-week immersive program** for ADHDers ready to move beyond short-term hacks toward **lasting transformation**.

Unlike typical coaching that over-emphasizes tips like timers, time-blocking, or body doubling, ADHD Labs dives deep:

- Learn how neuroscience shapes ADHD patterns
- Understand nervous system regulation and sensory processing
- Explore ADHD in a broader bio-psycho-social context

- Develop practical strategies that actually fit **you**, not societal expectations

All sessions are **interactive, experiential, and designed for all learning styles**.

Program Structure

Week 1 – *Rethink*: Beyond the basics — Understand your ADHD brain, nervous system, and sensory sensitivities

Week 2 – *Rewire*: Break the cycle of overwhelm and shutdown through deeper connection with yourself

Week 3 – *Reframe*: Challenge internalized beliefs and explore how societal pressures and internalized capitalism impact your self-concept

Week 4 – *Reclaim*: Recap, reflection, and integration — leave with practices that last

What's included

- Weekly 90-minute live Zoom sessions
- Dedicated co-working time with your cohort
- Ongoing WhatsApp support
- Lifetime access to session recordings

Live Sessions Dates: **Wednesdays 4-5:30 CST (Oct. 22nd, Oct. 29, Nov 5th, Nov.12th)

**Co-working Dates TBD

Pricing

What You'd Normally Pay	What You'll Actually Pay for ADHD Labs
*4 weeks of private ADHD coaching → **$800–$1,500**	***Just $497**
*Weekly co-working or accountability groups → **$100+**	** Early Bird: $397 if you apply by October 7th!
*Ongoing support community → **$200+**	
*Lifetime access to training videos → **$150+**	
Total Value: $1,200–$2000+	

ADHD often comes with extra costs — in time, energy, and money. Finance shouldn't be the reason you miss out on support. **Reach out to Rameyalcsw@gmail.com about payment plans and sliding scale options.**

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This program is for ADHDers who:

- Know the ADHD "buzzwords" but still feel stuck in daily life
- Want a deep and meaningful understanding of how their ADHD really works, not just memorize tips that fall short
- Are willing to be curious and experiment with new approaches without judgment
- Crave connection, support, and accountability from people who truly get it

This program might be a fit if you're:

- Looking for intensive 1:1 support
- Most interested in quick fixes
- Already confident in managing your ADHD

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By the end of ADHD Labs, you'll likely notice that:

- You have a **clearer understanding of how your brain works**, helping you **stop blaming yourself** for struggles that **aren't your fault.**

- You can **calm overwhelm** before it spirals, using **practical tools** that actually fit your nervous system.

- You're able to **design routines and systems** that support your life, instead of forcing rigid "productivity hacks" that don't stick.

- You **feel more comfortable questioning** internalized expectations and "shoulds" that don't serve you.

- You're **connected** to a group of people who understand your challenges — and who celebrate the small wins alongside you.

Ready to stop patching quick fixes and start a transformation that lasts? Apply to [join Fall ADHD Labs here!](#)