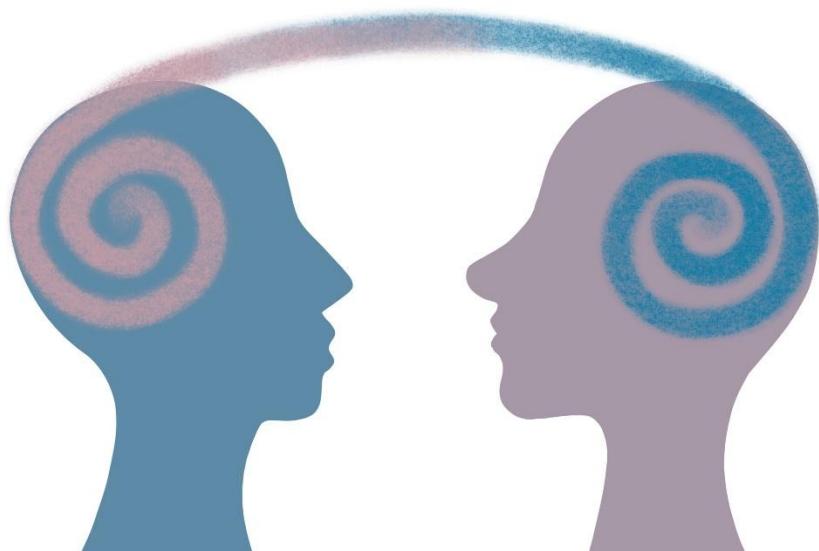


# Loving ADHD Course

A Partner's Guide to Self-Care,  
Understanding and Communication



Course Brochure

# Loving ADHD Partner's Course

The Loving ADHD Partner's Course is a compassionate, practical course designed for partners who feel exhausted, confused, or alone in their relationship. It helps you understand ADHD, reconnect with yourself, and build a more balanced, collaborative partnership.

## It's Okay to Admit This Is Hard

Loving someone with ADHD is rewarding and exhausting. You're allowed to feel both. And you deserve support designed specifically for you.

- You're not alone. Connect with partners who truly understand.
- You're not selfish for prioritising your needs.
- You're not a bad partner for feeling frustrated.
- You can build a thriving relationship while protecting your well-being.

The course for the often-forgotten partner.

Based on the book 'Loving ADHD: A Partner's Guide to Self-Care, Understanding, and Communication'.

## A Course Designed For You

This course was created specifically for YOU - the often-forgotten partner of someone with ADHD. While there are many resources for people with ADHD, there are far fewer for the partners who love them, support them, and sometimes struggle alongside them.

### This Course IS:

- For You. Your needs and your well-being, Your experience matter just as much as your partner's.
- About understanding ADHD so you can work with your partner's brain instead of against it.
- Practical and actionable. Every module includes tools you can use immediately.
- Collaborative. Many exercises are designed for you and your partner to do together.
- Realistic. We acknowledge the real challenges while also recognising the strengths and possibilities.
- Supportive. You're not alone. You have access to me and to a community of people who understand.

### This Course Is NOT:

- About 'fixing' your partner (they're not broken).
- All your responsibility (your partner needs to meet you halfway).
- A magic solution (real change takes time and effort).
- About making excuses for unacceptable behaviour (understanding doesn't mean accepting everything).
- Going to solve every problem (but it will give you tools to address them).

## Transform Your Relationship in 8 Weeks

This isn't just information, it's transformation. Each module builds on the last, taking you from exhausted and overwhelmed to equipped and empowered.

### Self-Care and Support. You'll learn:

- Why your needs matter and how to honour them
- How to manage difficult emotions (frustration, resentment, isolation, guilt)
- How to set healthy boundaries and build your support system
- How to prevent burnout and sustain your well-being
- How to create a more equal partnership
- How to rediscover joy in your relationship

Why this matters: You can't support your partner or your relationship if you're depleted. We start with you.

### Understanding ADHD. You'll learn:

- The neuroscience of ADHD (how the brain actually works differently)
- Executive functions and why they're so challenging
- Emotional regulation and rejection sensitivity
- Why people with ADHD mask and what it costs them
- The most common frustration triggers and their neurological roots
- How to stop taking things personally
- The genuine strengths that come with ADHD

Why this matters: When you understand WHY your partner behaves the way they do, everything changes. Frustration shifts to compassion. Blame shifts to problem-solving.

Communication Strategies. You'll learn:

- Why standard communication doesn't always work with ADHD
- The pre-conversation check-in
- Active listening techniques for ADHD relationships
- How to express your needs clearly and directly
- How to navigate conflict without destruction
- How to manage interruptions collaboratively
- How to repair after difficult moments
- How to create sustainable systems (memory, tasks, organisation)
- How to build a truly collaborative partnership

Why this matters: All the understanding in the world doesn't help if you can't communicate effectively. These are the practical tools that make daily life work better.

## Your 8-Module Journey to Transformation

The course is structured into eight self-paced modules designed to take you from overwhelmed to empowered:

**Module 1: Recognising and Honouring Your Needs** – Reconnect with your feelings, validate your emotions, and begin communicating your needs without guilt.

**Module 2: Managing Difficult Emotions** – Navigate frustration, set healthy boundaries, release guilt, and transform resentment into partnership.

**Module 3: Sustaining Your Well-being** – Build grounding practices, create equal partnership dynamics, rediscover joy, and know when to seek support.

**Module 4: The Science Behind ADHD** – Understand how the ADHD brain works, executive functions, and emotional regulation with compassion and clarity.

**Module 5: The Hidden Impacts of ADHD** – Explore masking, common triggers, why behaviours aren't personal, and recognize ADHD strengths in your partner.

**Module 6: Core Communication Skills** – Learn why standard advice fails, master pre-conversation check-ins, active listening, and expressing needs clearly.

**Module 7: Handling Challenges Together** – Navigate conflict skilfully, manage interruptions collaboratively, and master the art of repair after ruptures.

**Module 8: Creating Sustainable Systems** – Build practical systems for memory, tasks, and daily life while developing a truly collaborative mindset.

## How The Course Works

Simple. Self-Paced. Supportive.

### Learn at Your Own Pace

8 modules designed to complete over 8 weeks, but go faster or slower as life demands.

### Each module includes:

- Short videos (5-10 minutes each) covering key concepts.
- Practical workbook with exercises and reflection questions.
- Daily practices you can actually fit into your life.
- Weekly homework to apply what you're learning.
- Optional partner exercises to do together.

### Connect with Support

You're not doing this alone. Free access to our Private Community:

- Connect with other partners who truly understand.
- Share experiences, ask questions, get support.
- Access a library of additional resources.

### Direct Access to Jay

- Jay active in the community to offer support and answer questions.
- Book a free discovery call with Jay if you want 1:1 coaching.

### Keep It Forever

Lifetime access means you can revisit modules whenever you need them; next month, next year, or when new challenges arise.

## What You're Getting

**8-Module Structured Course:** 30+ video lessons totalling 6 hours | Comprehensive workbook | Daily practices | Weekly homework

**Lifetime Access to All Materials:** Revisit anytime | All future updates included | No expiration date | Resources library

**Private Community Membership:** Connect with other partners | Share experiences | Get ongoing support

**Direct Access to Jay:** Active in the community | Answer your questions | Free discovery call for 1:1 coaching

## Frequently Asked Questions

**Q: What if I can't complete a module in one week?**

A: That's fine! The course is self-paced. Take all the time you need. Just try not to rush through - integration matters more than speed.

**Q: What if my partner won't participate?**

A: You can still benefit enormously. Focus on what YOU can control: your understanding, your responses, your well-being, your communication. Many partners have seen relationship improvements even when their partner wasn't directly engaged with the course.

**Q: Do I need to have read your book first?**

A: No! The course is completely standalone. While it's based on Loving ADHD, it goes into much more depth and includes practical exercises the book doesn't have. If you have read the book, the course will deepen and expand what you learned.

**Q: What if I've already learned about ADHD - should I skip those modules?**

A: I'd encourage you to watch the videos anyway. You might learn something new, or it might reframe what you already know. Plus, the exercises are valuable even if the concepts are familiar.

**Q: What if I get overwhelmed?**

A: Reach out! Use your support network and the community. Take a break if needed. This material can bring up difficult emotions. That's normal. Be gentle with yourself. If you need additional support, consider contacting me or working with a therapist alongside this course.

**Q: Should I tell my partner I'm taking this course?**

A: That's up to you. Some partners find it helpful to be transparent: "I'm taking a course to help me understand ADHD better and support our relationship." Others prefer to learn first and share later. Do what feels right for you.

**Q: What if things get worse before they get better?**

A: This can happen. As you start setting boundaries, expressing needs more clearly, or changing relationship dynamics, there may be temporary discomfort. That's often part of growth. Stick with it. But if things become unsafe or unworkable, seek professional help.

**Q: How long do I have access to the course?**

A: You have lifetime access, so you can revisit it as and when you feel you need to.

Q: Can I get a refund?

A: Yes! You have 14 days, in which time you may have already completed the first two modules. If you're not seeing value, email me for a full refund within those 14 days. No questions asked.

Q: Can I retake the course or review materials later?

A: Absolutely! Many people find value in going through the course multiple times. Come back to modules whenever you need a refresher.

## Your Investment in a Thriving Relationship

**Investment:** One-time payment of **£149.99**. Equivalent of less than two coaching / therapy sessions

**Guarantee:** Enrol today work with the first two modules over the next 14 days. If you don't feel this course is for you, simply email me within 14 days of enrolment and I'll refund every penny. No questions asked. No forms to fill out. No hoops to jump through.

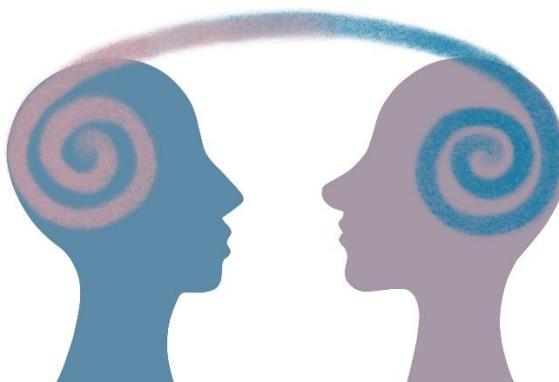
## Ready to Feel Supported, Understood, and Hopeful Again?

You've been carrying this alone for too long. You've been adapting, compensating, and understanding while running on empty. You've been wondering if anyone gets what this is really like. This is your moment to choose yourself. Not instead of your partner. Not at the expense of your relationship. But alongside them. For yourself. For your well-being. For the partnership you both deserve.

**Questions before enrolling?** Email me at [jay@jaymacleod.com](mailto:jay@jaymacleod.com), I respond personally to every inquiry.

You deserve support designed for you. This is it.

Secure checkout | Start immediately | Lifetime access | Risk-free for 14 days



[Sign Up Now](#)