



# Rewire & Recover Program

A transformative 12-week coaching program  
designed to guide individuals through  
the emotional and psychological challenges  
often experienced by those with ADHD

Alexandra  
Hindson

[AlexandraHindson.com](https://AlexandraHindson.com)

## Overview

Rewire and Recover is a transformative 12-week coaching program designed to guide individuals through the emotional and psychological challenges often experienced by those with ADHD, including shame, guilt, overwhelm, and exhaustion. Many people with ADHD struggle with feeling out of control, trapped in cycles of masking their symptoms, constantly needing to redirect, and relying on pharmaceutical or recreational drugs to manage anxiety and depression. This program provides a compassionate, holistic approach to healing, offering the tools, support, and strategies needed to break free from these patterns and reclaim balance in life.

## Program Host

This program is led by Alexandra Hindson, a certified ADHD coach with over 12 years of experience in guiding individuals through ADHD-related challenges. Alexandra has worked with hundreds of students, helping them manage ADHD in their academic careers, and has personally navigated the complexities of ADHD. Her own healing journey began during her third year of university when she realized she needed help. A book, *28 Days of Yoga*, arrived in her life at a pivotal moment, sparking a profound transformation that led her to restore balance to both her mind and body.

This life-changing experience inspired Alexandra to dedicate her career to helping others with ADHD. With a Masters of Education focusing on wellness, self-realization, creativity, and mindfulness for ADHD students, Alexandra combines her extensive academic research and practical coaching experience to offer a holistic, integrative approach to healing ADHD.

## Program Approach

In Rewire and Recover, Alexandra utilizes a blend of coaching, mind-body practices, and cutting-edge neuroplasticity techniques. She integrates grounding sound healing frequencies—known for their ability to rewire the brain and enhance neuroplasticity—alongside traditional coaching techniques to address the physical, emotional, and mental aspects of ADHD. The sound healing frequencies specifically target the brain's frontal lobes, the area responsible for executive functions, which often experience misfires in individuals with ADHD.





## What You'll Gain

**Healing from Emotional Pain:** Learn how to shed the weight of negative self-judgments that often accompany ADHD, including feelings of failure, frustration, and inadequacy.

**Neuroplasticity and Brain Rewiring:** Experience the benefits of sound healing frequencies that support the brain's neuroplasticity, aiding in the development of clearer thinking, emotional regulation and focussed attention, resulting in increased productivity.

**Mind-Body Connection:** Alexandra integrates techniques from yoga, mindfulness, and creative strategies to help restore balance to both the mind and body.

**Personalized Coaching:** Receive one-on-one support from Alexandra, who will help you identify your unique strengths and challenges, create tailored action plans to improve executive functions like time management, prioritization and decision making, guiding you step-by-step through the recovery process.

**Sustainable Strategies for Life:** Develop personalized, long-term strategies to reduce anxiety, manage ADHD symptoms, and live a more empowered, fulfilling life.

**Reclaim Your Life:** Develop the skills to cope with anxiety, reduce dependency on substances, and build a healthier, more empowered relationship with your ADHD.

**Sustainable Strategies:** Gain access to tools and strategies that not only address immediate challenges but also help you create lasting positive change in your life.



## Who Is This Program For?

Individuals with ADHD who are struggling with emotional overwhelm, self-esteem issues, or addiction to substances like drugs or alcohol as a way to cope with anxiety or depression.

Those who feel caught in a cycle of masking ADHD symptoms, feeling out of control or incapable of managing daily life.

Anyone seeking a holistic, integrative approach to healing ADHD, including mind-body techniques and neuroplasticity-based strategies.

People who want to build lasting skills and strategies to improve their executive functions, reduce ADHD symptoms, and thrive in all areas of life.

## Why Choose Rewire and Recover?

This program offers more than just symptom management—it's a step toward holistic healing and lasting change. Under the guidance of Alexandra Hindson, participants will benefit from a well-rounded approach that combines years of professional experience, personal transformation, and cutting-edge neuroplasticity techniques. The program is designed not only to support those with ADHD in managing their symptoms but to empower them to build a life of clarity, self-empowerment and self-compassion.

If you're ready to take the first step in healing from the emotional pain of ADHD, rediscover your strengths, and create a balanced, empowered life, Rewire and Recover will provide the tools and support to make it happen.





The background image is a photograph of a temperate rainforest. It features several large, vertical tree trunks with deeply textured, greyish-brown bark, many of which are covered in vibrant green moss. The forest floor is a dense carpet of green ferns and moss, with some fallen logs also heavily covered in moss. The lighting is soft and diffused, creating a serene and moist atmosphere.

# Course Outline



## Module 1: Clarity

**Setting Intentions:** Define your goals and ideals for the next 12 weeks. Clarify what you want to achieve, and create a roadmap for your journey.

**Understanding the Mind-Body Connection:** Dive into how ADHD affects both the mind and body. Learn about the critical link between emotional health, mental well-being, and ADHD symptoms.

## Module 2: Educate

**The Healing Power of Lifestyle:** Explore the relationship between diet, exercise, supplementation, relaxation, and grounding in the healing process. Learn how lifestyle changes can support your ADHD recovery.

## Module 3: Mindfulness

**Managing Anxiety and Depression:** Discover the profound role mindfulness plays in managing ADHD-related anxiety and depression. Learn powerful yet simple mindfulness practices that you can begin integrating into your life immediately.

## Module 4: Lighten Up

**Organizing Your Mind and Life:** Learn actionable strategies for time management, organization, and increased productivity. This module will help you streamline your daily tasks and create a balanced work-life routine.

**Practical Planning:** Use these tools to organize both your work and home environments, making them more conducive to your well-being and success.

## Module 5: Focused Attention

**Mastering Your Attention:** Learn practices to manage distractions and improve your focus.

**Digital Detox:** Detox from your digital devices, creating healthier boundaries to enhance your self-awareness and well-being.

## Module 6: Tuning In

**Mind-Body Reconnection:** Engage in mind-body exercises designed to reconnect you with your inner strengths and personal power.

**Building Intuition:** Strengthen your ability to listen to your inner guidance, empowering you to make more mindful decisions.

## Module 7: Transform

**Mindset Shifts for Self-Acceptance:** Learn strategies to shift your mindset from one of “masking” to embracing self-acceptance.

**Breaking Free from Pretending:** Turn the burden of pretending into the freedom of being yourself. This module will help you embrace your authentic self and release the pressure to conform.

## Module 8: Master Your Emotions

**Emotional Control:** Using mind-body practices like breathwork and grounding techniques, you will take control of your emotional life.

**Improved Communication:** Enhance your communication skills, improving relationships with colleagues, family members, and friends.

## Module 9: Building Resilience

**Creating Transformative Routines:** Learn how to build a personalized plan that works for your unique needs.

**Commitment to Growth:** Establish a regular practice of the strategies you’ve learned to foster long-term resilience and emotional balance.

## Module 10: Celebrate

**Assessing Your Journey:** Reflect on the progress you’ve made over the past 12 weeks. Celebrate your victories and identify areas for continued growth.

**Taking Charge of Your Life:** With newfound clarity, confidence, and tools, take full ownership of your ADHD recovery and your life moving forward.



## Additionally Receive ARDR Brain Balancing and Healing Frequencies

As part of the Rewire and Recover 12-week program, you will also receive weekly personalized listening sessions featuring ARDR - Brain Balancing and Healing Frequencies. This proprietary auditory technology is designed to support the brain's natural ability to heal and rewire itself, providing a unique and powerful complement to the coaching and strategies in the program.

Each week, you will have access to 45-minute listening sessions that specifically target the left and right frontal lobes of the brain, the areas responsible for executive functions like decision-making, focus, and emotional regulation. These sessions use sound frequencies that promote neuroplasticity, increasing mental acuity and clarity, and helping to rebalance areas of the brain that may be misfiring due to ADHD.

### Benefits of ARDR - Brain Balancing and Healing Frequencies:

**Increased Mental Acuity:** The sound frequencies help improve focus and cognitive clarity, making it easier to think clearly and make informed decisions.

**Better Decision-Making:** With improved brain function, you will experience greater confidence in your ability to make decisions and take decisive action in both your personal and professional life.

**Improved Relationships:** The balance and mental clarity provided by the frequencies also support emotional regulation, enhancing your ability to communicate effectively and foster healthier relationships.

**Neuroplasticity Support:** The frequencies are scientifically designed to stimulate brain rewiring, which promotes long-term changes to the way your brain processes information, emotions, and executive functions.

These weekly sessions are a vital part of the holistic healing approach of the Rewire and Recover program. By combining powerful auditory techniques with personalized coaching, you will be able to experience profound shifts in how you manage ADHD symptoms, handle stress, and navigate life's challenges.



To inquire about this program or to schedule a free discovery call

Please visit:

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