




Jorie  
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ADHD Coach, Speaker, and  
Facilitator & Host of the  
ADHD &...with Jorie Houlihan  
Podcast

ADHD &...with Jorie Houlihan is a weekly podcast for women 35+ with ADHD who are tired of random tips that don't stick.

Each episode blends education, humor, and practical tools so listeners can stop feeling stuck and start living authentically.

## Who Listens

 Demographic: Women 35–65, late-diagnosed ADHD, highly engaged, motivated to take action.

 Mindset: They're actively looking for tools, resources, and support that actually work for ADHD brains.

 101K

Facebook  
Followers

 24K

Instagram  
Followers

 30K

Free Private  
Facebook Group



7K-10K

podcast downloads  
(projected first 3  
months)



400+

email subscribers

## SPONSOR PACKAGES

STARTER: \$500/episode

- Pre-roll mention
- One social post

GROWTH: \$1500/mo

- 4 episodes (pre-roll + mid-roll)
- 1 email feature
- 1 social post

CUSTOM PARTNERSHIPS

- Workshops
- Giveaways
- Co-branded Events



Please feel free to reach  
out for any questions.

## CLIENT FEEDBACK

A massive shout out of  
thanks Jorie Houlihan.  
You will never grasp the  
depths of how you have  
inspired me....

I have learnt the depths  
of which my ADHD brain  
works, things that have  
triggered me are slowly  
not causing reactions...

You are one hell of a  
woman. You empower  
me and you inspire me  
to go for what I want...

THANK YOU

~ Kym C

*Get in Touch!*

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