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ADHD LIFESTYLE MAGAZINE

Meet the Coach



I am Debra Levy, a Certified Life Coach and Productivity Specialist, and the owner of A Life That Fits, LLC.

I'm dedicated to helping my clients make time and space for what matters most in their lives. I begin by working with my clients to clarify what is important to them, what will make them feel happy and fulfilled, explore what may be stopping them from achieving their goals, and determining what guidance and support is required to create the life they want.

Many of my clients (whether ADD/ADHD or neurotypical) struggle with challenges in time management, hyper-focusing, distractions, the setting of goals and priorities, and establishing healthy boundaries. Together, my clients and I work on gaining insight into their own natural abilities, modalities, and tendencies, craft unique strategies to help them make room for their big-picture goals, and implement step-by-step solutions to help them get from where they are, to where they want to be.

I'm here to partner with my clients on a thought-provoking and productive journey to envision "A Life That Fits" their values and dreams and provide the motivation and accountability to maximize their potential.


Coaching and Consulting

Debra Levy
Owner of A Life That Fits, LLC
Certified Life Coach & Productivity Specialist

Making Time &
Space for
What Really
Matters

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