

Understanding Your Mind: An Online Coaching Pathway for Autism and ADHD

Have you spent much of your life feeling as though you think, feel, and experience the world differently to those around you? Perhaps you've struggled with organisation, focus, or emotional regulation, found social situations confusing or exhausting, or felt the persistent pressure of trying to fit into a world that wasn't designed with your mind in mind. You are not broken — you are different. And with the right support, that difference can become a source of real strength. This online coaching pathway has been designed specifically for autistic adults and adults with ADHD, offering a structured, empowering, and highly personalised route to understanding yourself and building a life that truly works for you — guided throughout by a skilled neurodivergent-affirming coach.

Rather than working through content alone, you'll be supported by a qualified coach who brings expertise, lived understanding, and genuine warmth to your journey. This pathway takes a strengths-based, neurodivergent-affirming approach — meaning we start from the position that your brain is not something to be fixed, but something to be understood, valued, and supported. Your coach will work collaboratively with you to identify your unique profile of strengths and challenges, and to develop practical, personalised strategies that fit the way your mind actually works. Together, you'll explore:

- **Psychoeducation and self-understanding** — developing a rich, compassionate understanding of your ASC and/or ADHD profile and what it means for you specifically
- **Executive function support** — building practical strategies for planning, organisation, time management, task initiation, and follow-through
- **Emotional regulation** — understanding the neurological basis of emotional intensity and developing tools to manage overwhelm, rejection sensitive dysphoria (RSD), and burnout
- **Sensory and environmental needs** — identifying your sensory profile and making adjustments to your environment that support focus, calm, and wellbeing
- **Social communication and relationships** — navigating social situations, workplace dynamics, and personal relationships with greater confidence and clarity
- **Masking and identity** — exploring the impact of camouflaging or suppressing neurodivergent traits, and rebuilding a more authentic sense of self
- **Strengths identification** — recognising and harnessing the unique qualities that come with your neurodivergent profile, including creativity, hyperfocus, lateral thinking, and deep expertise

- **Goal setting and values-based living** — defining what a meaningful, fulfilling life looks like for you and taking purposeful steps towards it

Delivered online for flexibility and convenience, this pathway combines evidence-informed coaching techniques with a deeply personalised, neurodivergent-affirming approach — so you always feel understood, respected, and genuinely supported. Sessions are paced to suit you, with your coach providing ongoing encouragement, accountability, and practical tools throughout.

Flexible Appointments to Fit Around Your Life

We understand that seeking support shouldn't come at the cost of your work or daily commitments. That's why appointments are available during evenings and weekends, as well as standard daytime hours — making it easier for those in employment, with caring responsibilities, or busy schedules to access the support they deserve. All sessions are conducted securely online, removing the need to travel and allowing you to engage from the comfort and familiarity of your own environment — which many neurodivergent individuals find significantly easier and more accessible.

Is This Pathway Right for Me?

This coaching pathway has been designed for autistic adults and adults with ADHD, including those with a combined or co-occurring profile. It may be particularly helpful if you are:

- Formally diagnosed with autism spectrum condition (ASC), Asperger's syndrome, or ADHD
- Awaiting a formal assessment but identifying strongly with neurodivergent experiences
- Recently diagnosed and looking to make sense of your profile and its impact on your life
- Struggling with executive function, organisation, or managing the demands of daily life
- Experiencing burnout as a result of chronic masking or environmental mismatch
- Finding it difficult to maintain employment, relationships, or routines despite your best efforts
- Looking to build on your strengths and move towards goals that feel meaningful and authentic to you
- Navigating co-occurring difficulties such as anxiety, depression, or low self-esteem in the context of neurodivergence

If you're unsure whether this pathway is the right fit for you, our team will carry out an initial assessment to ensure you're matched with the most appropriate level of support.

This is a coaching pathway rather than a clinical therapy, and is not intended to replace or replicate mental health treatment. Where co-occurring mental health needs are identified, your coach will work alongside other professionals to ensure you receive fully joined-up support.