



Mentoring with me :)

Life with more colour, and
more room to be yourself.

🌟 **Neuro-affirming mentoring for
neurodivergent young people and adults
aged 15-25.**

You don't need to change who you are to build a life that works better for you.

Mentoring with me is a space to understand yourself, explore what you need and work towards the things that matter to you - in a way that works with your brain, not against it.

No formal diagnosis is required :)





Mentoring :)

What could we work on together?



We might explore things like:

- Understanding your autism, ADHD or other aspects of your neurotype
- Navigating the transition into adulthood and becoming more independent
- Managing executive functioning, overwhelm and everyday demands
- Understanding and communicating your needs
- Navigating education, employment and workplace expectations
- Building self-advocacy skills, confidence and strategies that work for you
- Just having a regular space to discuss life with someone who 'gets it' :)

Or we can start with whatever is on your mind. You don't need to know exactly what you need help with before we begin!

Some things I understand & care about:



Burnout & Energy

Overwhelm, fluctuating capacity and why you can't always just push through.



Communication

Different communication styles, selective mutism, and reactive mutism.



Education & Lifelong Learning

Home education, alternative education, and following your own timeline.



Understanding Yourself

AuDHD, executive functioning, self-advocacy and working with your brain rather than against it!



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Mentoring that works with you



Our sessions together can be flexible, practical, and collaborative. We can talk things through, solve problems, make plans, and adapt when life feels difficult.

Even though sessions take place on a video call, there'll never be any expectation to have your camera on, or to use verbal communication.

We can even play a video game, craft, or have something else to focus on during sessions. Sometimes, having an activity to share can make conversations feel more natural and take some of the pressure off.

Some things I like:



Gaming

Computers &
Coding



Creative Stuff!

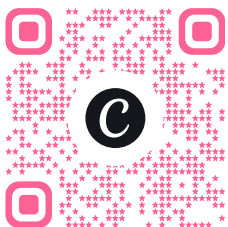
Animals :)



Think we might work well together?



Get in touch to enquire about mentoring or ask any questions. You don't need to have everything figured out before reaching out :)



Click here to enquire about mentoring (or scan the QR code!)