



# Neurodiversity Coaching

## From Fraught to Focused Programme

£2800 + VAT

- 12-week signature coaching and coping strategy training programme.
- Covers overwhelm, effective focus, communication, creativity, emotional regulation and more.
- Offered as a 1:1 programme, with access to the From Fraught to Focused Facebook community for peer support, training with guest experts and more.

## From Fraught to Focused: The Manager's Toolkit

£3200 + VAT

- 8-week coaching programme, designed to help managers support neurodivergent employees in the workplace
- 1:1 programme offers content tailored to the manager and their staff; at the end of the programme, the manager gets a summary and action plan for their workplace
- Group programme offers support for participants to apply to their own workplace

## From Fraught to Focused Programme

£1500 + VAT

- Group coaching version of the From Fraught to Focused programme
- Fortnightly Zoom calls
- Private Facebook group
- Access to the main From Fraught to Focused community for peer support, training with guest experts and more.

## Focus to Flow Programme

£2800 + VAT

- 8-week coaching and accountability programme
- Designed to support clients in the implementation of their learning from the From Fraught to Focused programme
- Includes 8 x 2-hour 1:1 coaching sessions, as well as membership of the From Fraught to Focused Community Facebook community for the duration of the programme

## The From Fraught to Focused Community

From £37/month

- Access to the exclusive From Fraught to Focused Facebook community
- Access to our curated resources, and the opportunity to share and discuss your challenges, with responses from our in-house coaches
- Monthly coaching calls on a range of topics, as well as monthly Access to Work Q&A sessions, and a monthly Creative Spark session with Liz Melling of Indigo Star creative, with more Community Collaborators lined up for exciting sessions