

2027 Sessions Available

An Unofficial Guide to ADHD

1 HOURS PARENTS, EDUCATORS & THE GENERAL PUBLIC

You've heard the acronyms. You've seen the TikToks. But what is ADHD actually?

Social media has a complicated relationship with ADHD. Some of it is misleading, but a lot of it has helped people feel seen for the first time. Floordrobes, boreture, "now and not now": these relatable, slightly chaotic phrases gave people words for experiences they thought were just them. This entertaining session celebrates what social media gets right, gently challenges what it gets wrong, and backs it all up with the science.

You'll leave knowing:

- What ADHD is, and what it isn't
- Why so many ADHD memes feel so true (and what we know so far)
- Which social media claims hold up, and which need a pinch of salt
- What all those acronyms and buzzwords really mean



Self-Awareness, Being Different, and Why It's Not the End of the World

A Neuro-Affirming Classroom

1.5 HOURS | EDUCATORS

ADHD students don't need fixing. They need an environment that works with their brains.

After a grounding in how ADHD works, we focus on practical, strategies that build confidence and self-awareness, for a calmer classroom for everyone, including the teacher. Expect out-of-the-box ideas you can use straight away.

You'll leave with:

- A clear understanding of ADHD in the classroom
- Strategies that build confidence, not shame
- Creative approaches that reduce stress for students and staff

A Happier ADHD Home

1.5 HOURS | PARENTS

Your child isn't giving you a hard time. They're having a hard time.

After a grounding in how ADHD works, we explore practical ways to build your child's confidence and self-awareness and make home life less stressful. Many ideas go well beyond the picture-perfect routines on Instagram, because real families need real solutions just for them.

You'll leave with:

- A clear understanding of your child's ADHD brain
- Realistic strategies for messy, busy, real-life homes
- Ways to support your child's confidence and self-awareness

ADHD Scenarios: Wrong Answers Only

INTERACTIVE WORKSHOPS | 2 HOURS EACH

What happens when the "right" answer isn't working? After a short grounding in how ADHD works, we dive into real-life scenarios. Together we brainstorm the why behind the behaviour, then explore every possible solution: the brilliant, the questionable and the spectacularly unsuccessful. Sometimes the fastest way to find what works is to find out what doesn't (and laugh while we do it).

Classroom Scenarios

FOR EDUCATORS

Real classroom challenges, collaborative problem-solving, and a toolkit of strategies shared with your peers.

Home Scenarios

FOR PARENTS

Real family challenges, a judgment free space, and practical ideas you can try over breakfast tomorrow

Book now!

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i.am.me
enlighten
empower
elevate
ADHD self-advocacy