

ADHDeR Success Coaching

Move past 'survive' to 'thrive', and show them what performance means

FORMAT

Flexible [in person | virtual | mixed]

DURATION

60 - 90 mins per session
~ 6 sessions per program

AUDIENCE

- Leaders, Professionals, & Athletes
- Teams & Staff Cohorts
- Neurodivergent Professionals, & Athletes

CONTACT US

e hello@eyeyou.io

w eyeyou.io

[LinkedIn](#)

62-88%

jump in productivity in neuroinclusive environments, along with strengths-based and empathetic coaching (JLL 2025 | Frontiers in Psychology 2022)



OVERVIEW

The levers of performance are identical for all human beings, and neurodivergent humans are no exception. In fact, for neurodivergent people the roles that the levers play as accelerators and handbrakes are even more profound and influential - more human than human you could say. Thriving as an ADHDeR, or any neurodivergent person, can at times feel impossible. Neurodivergent professionals, particularly but not exclusively those who received a later in life diagnosis, are invisibly extraordinary every single day, with not even a fraction of the recognition of what it has taken to get there, or in many cases the support needed to have gotten there in the first place. Placing emphasis on the factors that exacerbate the challenges ADHDeRs and other divergent neurotypes experience, and their unique experiences, eyeYou coaching unleashes the competitive advantage of neurodivergence and cognitive diversity.

WHAT YOU'LL GAIN

- Unmatched personal insight on how the ADHD brain and system differs from what is neurotypical, and insight and influence of others
- A framework to guide your decisions, communicate effectively, and how to deliberately and strategically manage your energy and focus to build sustainable performance across work and home, almost effortlessly, to feel like you are running on top of the world again

RESOURCES & SUPPORT

- Personalised development map
- Ongoing access to eyeYou resources, personalised and curated for you, to support you in your ongoing learning and development

KEY OUTCOMES

- Enhanced individual performance through improved confidence and self-efficacy
- Sustainable management of energy and engagement
- Improved mood, wellbeing, and success overall for the ADHDeR, and improved engagement and productivity for the team as a whole
- Outcome studies aggregates report ~400% return on investment, 22% increase in promotions, 19% increase in engagement, and a profound improvement in efficiency inside and across teams, saving ~12,500+ hours annually

Visit our website, or contact us at hello@eyeyou.io to talk more, or for a free quote.