

Neurodevelopment & Executive Function

Structured behavioural health support for ADHD, autism, executive dysfunction, emotional regulation, burnout, masking, and late-recognised neurodevelopmental differences.



Who We Support

- Individuals experiencing ADHD-related challenges
- Neurodivergent professionals needing clarity and structure
- Emotional regulation difficulties and burnout
- Late-recognised autism or ADHD presentations
- Workplace functioning and professional performance challenges
- Difficulties with routine, organisation, follow-through, and overwhelm



Foundation Programme

- Assessment and behavioural formulation
- Executive functioning support
- Emotional regulation strategies
- Practical structure and routine planning
- Workplace wellbeing and sustainable functioning
- Clear recommendations and next steps



Professional Support Programme

- 6-Session Foundation Programme - £850
- Initial assessment and formulation
- Six focused support sessions
- Practical behavioural strategies
- Emotional regulation and executive functioning support
- Clear recommendations and next steps

Suitable for ADHD, autism, executive dysfunction, burnout, masking, and workplace wellbeing challenges.