



NEXT CHAPTER

Employer Information Pack

A resource for managers, HR and wellbeing teams
supporting an employee with ADHD.

“A practical investment, not a gesture.”

Understanding ADHD coaching and how it can be funded.

Many individuals fund coaching themselves, or access it through workplace learning and development, wellbeing, occupational health, reasonable adjustments or Access to Work. This pack sets out what ADHD coaching offers, who it supports and how it contributes to sustainable performance, to inform a decision about funding it.

What ADHD coaching is

- A structured, confidential partnership that goes beyond tips and techniques, to build understanding that leads to lasting change.
- Evidence-based and shaped by a diverse professional background, built around the individual rather than a generic programme.
- Focused on the real demands of their specific role, team and working environment.

What ADHD coaching is not

- Not therapy or clinical treatment.
- Not a diagnosis or clinical assessment service.
- Not a performance management or disciplinary tool.
- Not a one-size-fits-all training course.

Who it supports

- Employees with a formal ADHD diagnosis.
- Employees navigating a recent or late diagnosis.
- Managers and teams who want to better support neurodivergent colleagues.

Outcomes it can deliver

- Reduced overwhelm and more manageable workload.
- Clearer communication, boundaries and prioritisation.
- Increased confidence and self-understanding.
- More sustainable, consistent performance.
- Lower risk of burnout and long-term absence.

WHY ORGANISATIONS FUND IT

A practical investment, not a gesture.

- Supports retention of experienced, high performing people.
 - Contributes to reasonable adjustment and inclusion commitments.
 - Reduces the costs associated with burnout, absence and disengagement.
 - Demonstrates genuine, practical commitment to neurodiversity and neuroinclusion.
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BACKGROUND

A psychology and coaching background, grounded in real working life.

My career spans psychology, business, HR, global talent development and executive coaching, before I specialised in ADHD coaching. This breadth of experience means I understand both the personal impact of a late diagnosis and the realities of demanding, fast-paced working life. It also gives me a wide range of tools, perspectives and approaches to draw on, so the coaching can meet the complexity of what someone is navigating.

SERVICES & PRICING

Ways to work together.

Service	Format	Price
Workplace ADHD Coaching	Six session package	£200 per session
Manager and Employer Support	Tailored to your organisation	By enquiry
Organisational Workshops	One day workshop	By enquiry

Typical coaching package

Six sessions, delivered online at a pace that fits around work and caring responsibilities. Sessions can be arranged fortnightly or to a schedule that suits the individual and their manager.

Funding routes

Coaching can often be funded through learning and development, wellbeing, occupational health or reasonable adjustment budgets, or through Access to Work.

HOW TO ENQUIRE

Start the conversation.

Enquiries are welcome from the individual, their manager, or their HR or wellbeing team. A short discovery call is the usual starting point.

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I am not a clinical psychologist, therapist or doctor. Nothing in this document is medical advice.

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