



WEBINAR ADHD TOOLKIT: FROM PROCRASTINATION TO ACTION

Presenter: Swan Lorrimer

BA Hons (Phil) AACC, Accredited Coach/Consultant



One of the most puzzling and frustrating things for Neurodivergent individuals – and their loved ones – is the fact that the individual knows what to do... but just can't do it reliably when they need to do it.

This webinar will explore the very real internal obstacles that many neurodivergent individuals experience, that commonly lumped together in a singular concept of "procrastination": lack of motivation, mismatch of expectations, Executive Function challenges.

With a deeper understanding of what gets in the way of action, individuals and their support crew can generate compassion and creativity, two essential ingredients for getting into action and for maintaining meaningful change.

Participants will also learn practical tips that support successful action and habit formation.

Swantje (Swan) is Mindsight's resident ADHD Coach. She trained through ADDCA and with a career spanning both academic research and bespoke tailoring, she blends practical creativity with thoughtful insight into her work.

As a late-diagnosed ADHDer and mother of 3 ASD/ADHD young adults, her strength-based and compassionate coaching style helps clients feel seen, supported and empowered.

Swan supports neurodivergent adults, young adults, senior high school students, and parents of neurodivergent individuals.

She is available for consultations on line or in person at Mindsight

Date: 15 October 2026

Time: 6.30-7.30pm

Cost: \$30

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