

Build your ADHD toolbox

A 4 week online coaching course to help adults with ADHD manage life more effectively



This short course is an introduction to building your personal neurodivergent-friendly toolbox of go-to strategies and procedures to manage the daily demands of modern life. Whether you are juggling household chores, work or study – chances are you feel behind before you have started and rarely find yourself with any extra time on your hands for much needed self-care, engaging in hobbies, or nurturing your relationships.



Participants will be supported to develop their own creative tools and skills to improve their daily challenges to avoid procrastination and build their confidence.



29 October – 19 November 2026



4 x Thursday nights 6.30–7.30pm



Online via Zom



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



To register, click on the QR code



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