



COUNSEL OF
NEURODIVERGENT
MINDS



Neurodivergent Counselling and Mentoring

The people you work with are neurodivergent too, so you are not translating yourself.

WHAT YOU GET OUT OF IT

- **Get your identity back.** After years of masking, work out who you actually are underneath it.
- **Stop burning out.** Learn where your energy actually goes, and spot the crash before it lands.
- **Get your child back into school.** Or work out what has to change first, with them and with you.
- **Ask for what you need, and get it.** Words that hold up at work, at school and at home.

The first conversation is free.

counselofneurodivergentminds.co.uk

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PRIVATE PRACTICE · ADULTS, YOUNG PEOPLE AND FAMILIES, 11+
BURNOUT · LATE DIAGNOSIS · MASKING · SCHOOL AVOIDANCE
NEWCASTLE · IN PERSON, ONLINE OR WALK AND TALK



BOOK ONLINE



COUNSEL OF
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We're members of
NORTH EAST
Chamber of Commerce

Neurodivergent Training and Consultancy

Workplace training · Parent and school workshops · Access to Work sessions, usually funded by the scheme · Consultancy on policy and practice

WHAT YOUR ORGANISATION GETS

- **Keep the staff you keep losing.** The ones who are brilliant for two years and then go off sick.
- **Stop guessing at adjustments.** Named, specific changes that usually cost very little.
- **Managers who know what to do.** Not just a list of what they are not allowed to say.
- **Policy that survives scrutiny.** Recruitment and practice that hold up when somebody asks.

WHY THIS IS DIFFERENT

- **Delivered by a practising neurodivergent counsellor and mentor,** not a consultant working from a deck.
- **Built on live clinical work,** so you leave with things to do on Monday rather than a theory session.

Start with a conversation, not a quote.

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ENQUIRE ONLINE