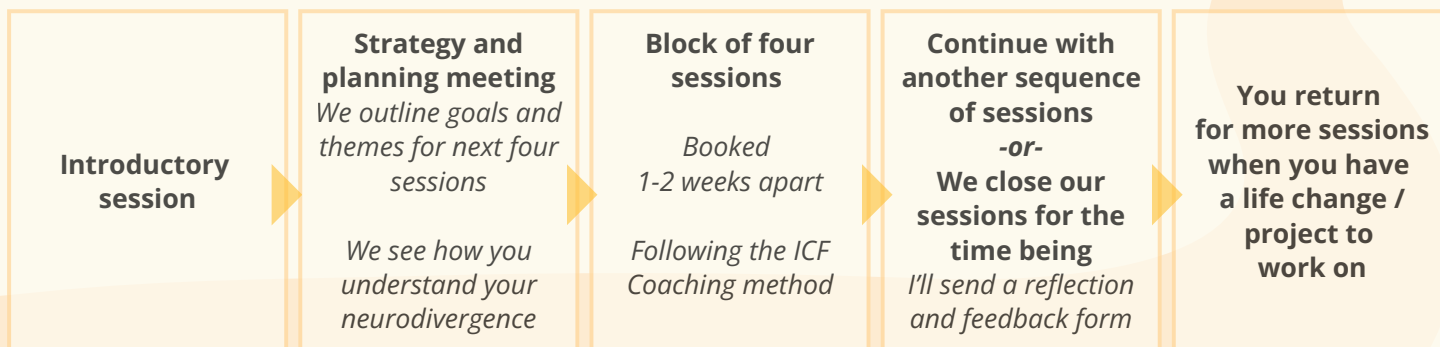
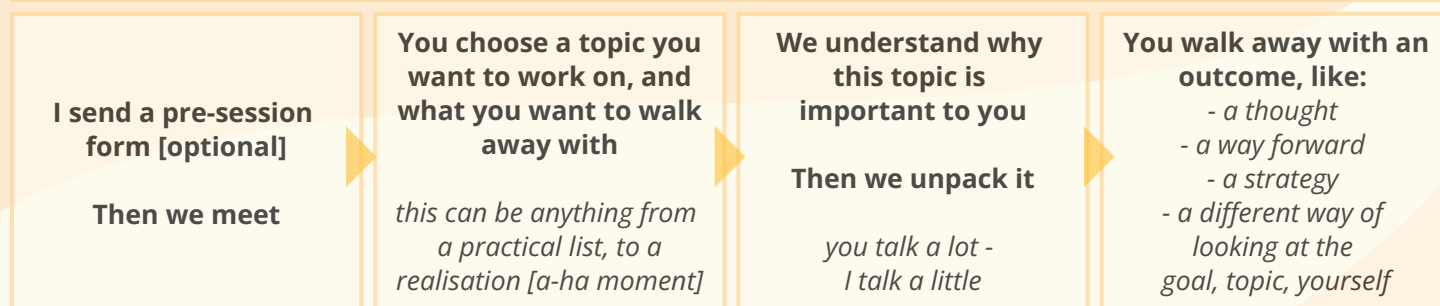


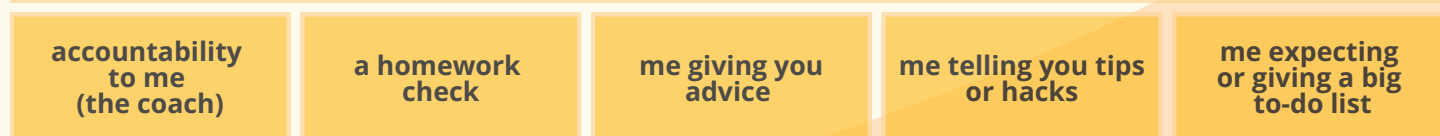
Overall structure



What happens in a coaching session?



What doesn't happen in a coaching session?



Why not? Isn't that what coaching is?

You may have been told that neurodivergent people have no intrinsic motivations. It's not true, and only creates shame. This shame paves the path to burnout. Coaching works to break this cycle. Coaching using ICF Standards is about co-creating a safe environment for you to be seen, and to grow. More here:

1. You're the expert on your life

In ICF-style coaching, you are seen as whole, creative and resourceful. I don't tell you what to do - I partner with you to draw out your own insight. Any actions or next steps come from your thinking and choices, not from my to-do list.

2. Coaching grows the problem-solver, not just the solution

Advice and hacks can fix one situation. Coaching builds your capacity to handle many. Through being seen, being listened to deeply, and given powerful questions, we create the space for clearer thinking, self-awareness and compassion, and strategies that fit your life. This supports lasting change, not just a quick fix.

3. We deepen the question before jumping to answers

ICF coaching is intentionally non-directive: I resist telling you what to do. In the long term, me doing that would not help. Instead, I ask questions that help you clarify what matters, what you've learned and what feels aligned. Any insights I give would be to deepen your understanding of your neurotype and its strengths and challenges.

Post-session

