

ADHD AWARENESS AND COACHING GROUPS - IMPACT REPORT

The findings in this report compile data from three ADHD awareness or coaching groups run by Find Your Spark in 2025 (April, June and September). A total of 18 participants were recorded in the sessions. The primary goal of the ADHD coaching group is to provide a community of likeminded individuals.

All attendees were asked to complete a questionnaire at the beginning of the session to capture their reasons for attending and their expectations. They also completed a questionnaire at the end of the session to capture key takeaways, what they liked most, as well as to measure their confidence and awareness of ADHD.

SUMMARY AND RECOMMENDATIONS

The sessions continue to receive strong positive feedback. The sessions were described as informative, relatable, and valuable, especially due to the real-life experiences shared by the facilitator and other attendees.

Most attendees (68%) were female, reflecting common gender-based patterns in help-seeking behaviour. All attendees (100%) reported they would recommend the session to others.

Before the sessions, attendees had a range of familiarity with ADHD. While some reported moderate awareness (average pre-rating ~6.4), awareness levels improved significantly post-session (average post-rating ~8.3). Confidence in understanding ADHD also increased substantially across all respondents.

A significant portion had an ADHD diagnosis themselves (18%), while others were exploring symptoms or had professional interest.

KEY FINDINGS

Attendees

- Total attendees: 18 across 3 groups.
- Gender: 67% Female, 33% Male.

Findings from Pre-Questionnaire

Who is attending the sessions?

- 45% attended to support someone close with ADHD.
- 18% had a diagnosis.
- 37% listed other or exploratory reasons, including professional interest.

ADHD Awareness prior to the session

- Most participants rated their awareness as moderate (6-7 out of 10).
- Awareness was lower in some cases, with a few rating between 4-5.

Stage in the ADHD Journey

- 45% supporting someone with ADHD.
- 18% already diagnosed.
- 37% exploring or in early stages.

Hopes for the Session

Participants aimed to:

- Gain understanding of ADHD and its effects.
- Learn coping strategies for home and personal life.
- Understand the ADHD experience through stories and examples.

Sample responses:

"My grandson has ADHD and I would like more awareness of how to help."

"To learn how I can support my daughter without micromanaging."

Burning Questions

Questions focused on:

- Daily functioning and routines.
- Medication pros and cons.
- Development of ADHD across age groups.

How People Found the Sessions

Primary sources:

- Word of mouth (23%).
- Michelle directly (16%).
- Mersea Courier newspaper (14%).
- Facebook and other social media platforms (5%).

Other Needs

- Assistance with diagnosis processes.
- Continued support options.
- Professional tools for those in caregiving or support roles.

Structure and Confidentiality

- All attendees consented to data use.
- Mixed responses on photo use: ~50% were happy, 28% declined.

Findings from Post Questionnaire

Top 3 Takeaways

1. Greater understanding of ADHD symptoms and behaviours.
2. Importance of structure, planning, and mind maps.
3. Insights on diagnosis pathways and positive ADHD traits.

What Attendees Liked Most

- The facilitator's passion and life story.
- Group size and relatability.
- Inclusive and supportive tone.

"Michelle is a superstar—this felt life-changing."

"Good to speak about the challenges and ideas others had."

Feedback on Structure, Venue, and Pace

- 81% rated the session structure and venue highly.
- Suggestions included more handouts and visual aids.

How Attendees Described ADHD After the Session

- ADHD viewed more positively.
- Descriptions included "superpower", "a difference in brain wiring", and "not a defining label".

Recommendations

- 100% of attendees would recommend the session.
- 50% expressed interest in additional training (e.g., ADHD coaching for teens or adults).

Post-Session Awareness and Confidence

- 95% reported improved awareness.
- 96% felt more confident in their understanding of ADHD.