

## **ONE-TO-ONE ADHD COACHING**

### **IMPACT REPORT FOR 2025**

#### **Overview**

This impact report outlines the outcomes and learning from Find Your Spark delivery during the reporting period of 01 January to 31 December 2025. It draws on participant feedback collected through post-session evaluation forms.

#### **Participation**

Out of the 42 clients supported in 2025, we received 7 post-support evaluations. Respondents ranged in age from 10 to 55 and included individuals of different genders.

#### **Key Themes from Feedback**

Several consistent themes emerged across participant feedback:

- Increased confidence and self-belief
- Improved understanding of self, needs, and strengths
- Reduced isolation through shared experience
- Practical tools to support wellbeing and daily life

#### **Participant Voice**

*"We have noted a marked improvement in our girls' ability to deal with a range of emotional challenges. Their confidence has built and they are generally much happier. It has been a delight working with Michelle who has been extremely friendly and helpful throughout. Her compassion for our daughters and desire to help them has been very evident."*

*"Really positive, I appreciated the support and expertise in the field, my daughter developed trust and felt safe in the process. She has benefited massively from your coaching"*

*"Michelle was amazing. Michelle ensured all my sessions were based off things I needed to work on and ensured they met all my needs. Michelle was calm and listened well to everything I spoke about and made me feel like I wasn't alone. Michelle was so understanding and helped me so much with my ADHD in such a short space of time. My family have noticed such a big change in me since having sessions with Michelle and I cannot thank her enough for all her help. Would highly recommend"*

*"FYS has been invaluable & empowering. At last, I am beginning to understand, accept & enjoy who I really am."*

*"Engaging, empathetic, understanding and while not glossing it up, showing that, given time & a little hard work the future is looking bright."*

*"The sessions worked well for me. The balance of 1:1 & online worked for me. They felt free flowing, whilst having progress & homework' measured, that never felt pressured. It gave me structure & guided accountability to myself and helped me identify, understand & prioritise what I needed in the moment or enabled me to set time aside for tasks and time for me. My 1/2hourly daily planner & my whiteboard are my new best friends."*

*"Michelle is just incredible - one in a million. From the first time I met her, it was so easy to connect with her. She is incredibly caring but remains professional too. She has opened my eyes*

*as to why I have been the way I have since a child, and this is helping me so much to understand and accept myself finally at the age of 53! I couldn't be more grateful to Michelle for this and in turn I can recommend her within my role as a Family Support Worker because of my own incredibly positive experience."*

*"I have loved the experience, I have found it very helpful, validating and positive"*

### **Overall Impact**

Overall, participants reported meaningful positive change as a result of engaging with Find Your Spark. Feedback highlights increased confidence, emotional insight, and a stronger sense of validation and belonging. The use of lived experience, accessible language, and safe group environments were identified as central to the impact of the sessions.