



Unfreezing ADHD Minds – Public Services



kath@thatadhdwoman.co.uk



07780373729



www.thatadhdwoman.co.uk

SERVICES & PRICING GUIDE

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Welcome to That ADHD Woman

That ADHD Woman CIC is a neurodivergent-led social enterprise based in Cornwall. We work with funders, local authorities, public health teams, and community partners to co-design and deliver impactful ADHD support programmes.

Our focus: increasing confidence, inclusion, employability, and emotional wellbeing for women, adults, and families affected by ADHD—especially those often overlooked by mainstream services.



Services

Group Programmes

6 week course.

1 session a week for groups between 4-6.

The sessions will cover:

- How their ADHD affects them.
- What their biggest challenges are.
- We will explore strategies to help emotional regulation and communicating needs.

Coaching & outcomes-based interventions

A structured, flexible programme designed to support late-diagnosed or self-identifying neurodivergent women with confidence, clarity, and practical tools for everyday life and employment.

Including:

Executive function

Reasonable adjustments

Emotional well-being

Identifying triggers

Training-only packages

Our training packages equip managers and teams with the knowledge, tools, and confidence to support neurodivergent staff in a respectful, inclusive, and legally compliant way.

Rooted in lived experience, trauma-informed practice, and up-to-date policy insight, our sessions cover ADHD awareness, neuroaffirming communication, workplace adjustments.

Why Fund This Work

- ADHD affects 3–5% of the population—and is significantly underdiagnosed in women.
 - Without support, many adults experience mental health decline, employment breakdown, or family crisis.
 - Commissioned support costs significantly less than reactive crisis intervention.
 - Local ADHD-focused services are limited—your funding builds a community safety net.



Case Study Snapshot

A 39-year-old woman referred post-diagnosis had lost her job and was socially isolated. Over 12 weeks of coaching and peer connection, she regained confidence, created structure, accessed Access to Work funding, and began training for a new career.

Her words: “I finally feel like I can live instead of just survive.”

HOW IT WORKS

Simple steps to get started. Strategic support at every stage



Step 1:

Book a Call

Tell us where you are
at and how we can
support you



Step 2:

Choose your Plan

We will recommend the
right support package
based on your needs and
goals



Step 3

Start Strong

You will get your
onboarding toolkit,
schedule your first session
and begin working towards
results



Meet our founder.

Katherine Irvine – Founder of That ADHD WOMan CIC

My work is grounded in compassion, justice, and a belief that we don't need to be fixed—just heard, understood, and supported.

I'm Katherine, founder of That ADHD Woman CIC. I started this organisation out of both frustration and hope—frustration at how often neurodivergent women are misunderstood and excluded, and hope that things can be different.

With over 15 years' experience in education—from classroom teaching to leadership across KS2 to KS5—I've seen firsthand how systems fail neurodivergent people from a young age. My work in local authority safeguarding teams, including the Multi-Agency Referral Unit specialising in exploitation and missing children, deepened my understanding of how exclusion is often systemic.

My MA in Social Policy shaped the vision behind this CIC: combining lived experience with professional insight to challenge how public systems respond to ADHD, trauma, masking, and menopause. That ADHD Woman exists to create practical, person-centred support for women—and to help the professionals around them do the same.



MORE QUESTIONS?

Call us:

07780373729

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@thatadhdwoman

Email us:

kath@thatadhdwoman.co.uk