



Unfreezing ADHD Minds – Corporate Services



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**SERVICES
& PRICING GUIDE**

Meet the founder

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Welcome to That ADHD Woman

We work with organisations to create neuroinclusive workplaces that recognise the realities of ADHD—especially in women, who are often misunderstood, misdiagnosed, or unsupported in traditional work environments.

Our approach is rooted in lived experience, policy insight, and a deep understanding of how small changes can lead to big impact—for individuals, teams, and business performance.

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



The Cost of Inaction

Did you know?

- Up to 30% of adults with ADHD are unemployed. (ADHD Foundation).
- Women with ADHD are disproportionately under-diagnosed and often leave work due to unmanaged symptoms.
- It costs employers over £25,000 to replace a single employee on average (CIPD).
- The majority of neurodivergent employees report not receiving any workplace adjustments—despite many changes costing nothing.

Losing talented, experienced women because of unrecognised neurodivergence isn't just unfortunate—it's expensive, avoidable, and unnecessary.

With the right support, those same women can become your most creative, resilient, and committed team members.



Services



Neurodivergent-Inclusive Staff Training For: Managers, HR, and Teams

- ADHD and neurodiversity awareness
- Inclusive communication & management
- Real-life case studies

Outcomes: Improved understanding, reduced conflict, and stronger team cohesion.



Employee Coaching & Retention Support For: Neurodivergent employees and line managers

- 1:1 coaching
- Strength-based profiling
- Workplace strategy planning
- Support with Access to Work applications
- Sensory/environmental audit
- Custom workplace accommodations

Outcomes: Confidence, productivity, and retention



Workplace Adjustments & Support Planning For: Line managers and employees

- Policy and Procedure Review
- Review/write neuroaffirming policies
- Menopause-aware adjustments
- Equality Act compliance

Outcomes: Inclusive recruitment and retention

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

Watch how That ADHD
Woman supports your
learners to flourish.



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. With over 15 years' experience in education and local government—spanning leadership roles in schools and specialist safeguarding work in local authority referral units—I've developed a deep understanding of how systems often fail to support neurodivergent individuals, particularly women

My background includes working in multi-agency teams focused on exploitation and missing children, and a Master's degree in Social Policy, which informs my approach to structural change. I understand the pressures and expectations within corporate and public sector environments—and how neurodivergent professionals are often unsupported within them.

That ADHD Woman was created to bridge that gap. We combine lived experience with strategic insight to help organisations better understand ADHD in women, improve retention, reduce burnout, and create inclusive, high-performing workplaces. We specialise in profiling, training, and consultancy that turns awareness into action.



MORE QUESTIONS?

Call us:

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