



# Alex Kelly

## neurodiversity specialist coach, trainer, consultant



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### What I do:

I am a neurodiversity strategy coach, speaker, trainer and consultant.

- I work with businesses, professionals and neurodivergent individuals.
- 1-to-1 coaching blends psycho-education and the co-creation of steps towards greater comfort and success. This person-centred work aligns values, strengths and practical approaches.
- As a speaker and trainer, I deliver and contribute to events for organisations and staff. Improved confidence, insights and tools combine to shape inclusivity in workplaces, education, healthcare and community settings. We build shared realities to welcome diverse minds.

**If you want a neuroaffirming specialist who brings a fresh and functional angle with psychological safety at the heart of it all, call me.**

### About me:

I'm a big believer in the power of hope, possibility and converting talk into action.

Since 2014, I've supported neurodivergent young people and adults to navigate barriers that exist in education, at work, in daily life and within relationships.

And in my mid-40s, a late ADHD diagnosis finally offered a clear window into my life.

I'm a big-picture connection-seeker and small-details solution-finder: I listen to understand, building a balanced and objective picture so I can guide and encourage with compassion, practical realism and plenty of conviction.

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*This was the most useful support I have ever received! I feel positive about things, I'm realistic with my expectations of myself and I finally feel I can move forward.*

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**I take a human-centred approach to neuroinclusion for the benefit of individuals, teams, employers & communities.**

**I offer relatable, practical and no-nonsense solutions built on lived and professional experience.**

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