

Group Coaching for Parents & Carers of Neurodivergent Young People



www.withinsightcoaching.co.uk

www.cleantransitions.co.uk

Welcome



This resource has been created as a **quick reference guide**.

All you need to know about this group coaching programme is here, in an **easy read format**.

This guide is designed to give you space to explore what's on offer **in your own time**.

This resource is designed to make things clear and easier to access.



What inspired this?

Many parents and carers find it hard to prioritise their own needs — especially when the systems and support don't always fit.

It's common for parents of neurodivergent young people to also be neurodivergent themselves.

These needs sometimes go unknown and/or unnoticed and it is important to us to recognise this.

We want parents and carers to be heard, supported, and able to meet their own needs — not as an afterthought, but as a vital part of the family system.



Overview

Number of people	Minimum 10, maximum 12
Location	Venue to be confirmed
Dates/Frequency	Saturdays Dates to be confirmed
Time	2pm to 4pm each session
Price	£400
Payment options	In full or x 3 instalments of £133.33
Reduced rate	x 2 places at half-price, £200
Free Q&As (Register on Zoom)	On an ad-hoc basis in-line with those who register interest
Main Contact	Emily: emily@withinsightcoaching.co.uk
Access Needs	Let us know what you need to be at your best for this coaching programme.

What's on offer?

- A small (max 12 people), supportive coaching group.
- 6 group sessions in total, one every other week.
- Opportunities to pause, reflect, and be with others who understand.
- No advice – no pressure.
- Space to feel heard, supported, and part of a consistent, respectful group.

**You get to decide
what kind of
support works best
for you**



Who is it for?

- Parents and carers of neurodivergent children or young people
- People who are often holding a lot with little time to process
- Anyone who wants to feel seen and understood, not told what to do
- Those who value space to reflect and connect with others who 'get it'



What you'll get

- A safe, non-judgemental space to explore what's going on for you
- Insight into patterns (e.g. overwhelm, masking) and structures (e.g. systems, family roles) that may be shaping your experience
- Greater clarity, confidence, and a sense of choice



Free Q&A via Zoom

We will periodically run free Q&A sessions (via Zoom), so that anyone interested can:

- **Meet us** and get a feel for how we work.
- **Ask questions** about the group and how it runs.
- **Share any topics or themes** that are important to you.

Make sure you register to receive updates about when these will happen.



REGISTER NOW

Group coaching sessions

In-person, Salisbury

Saturdays

2pm to 4pm

Dates

To be confirmed

Location

To be confirmed



Price & payment

- Standard price: £400 for 6 sessions
- 2 reduced-rate places available at half price
- Payment plans available – 3 payments of £133.33 per month

Venue accessibility

We're committed to making our work as inclusive as we can.

Further details will be shared here once we have a venue confirmed.

Adjustments & support

We understand and celebrate that everyone has different needs.

Let us know what would support you to feel comfortable and **at your best**.

Requesting adjustments is welcome and encouraged.

To contact us about this, you can:

Email	
WhatsApp	
Call	

Meet the team



This resource has been created by Emily Edwards, a late-discovered Autistic ADHDER, Clean Coach, and neurodiversity trainer. Emily is the parent of a neurodivergent young person.

It reflects insights gathered through coaching, community conversations, and collaboration with co-facilitator Azi Khatiri, a Clean Coach and Community Music Therapist with experience supporting neurodivergent adults and young people in 1:1 and group settings.

Together, we bring personal experience, professional expertise and a shared commitment to creating spaces that feel safe, respectful, and genuinely supportive for parent and carers.

Thank you for joining us!



Keep in touch



If you'd like to keep in touch we'd love to hear from you. If you have questions or if there's anything else you'd like to know – **just ask.**

[Sign up to receive updates about this programme](#)



Contact Emily

- 1:1 Neurodiversity Coaching
- Group Coaching
- Neurodiversity Awareness Training



WITHINSIGHT
COACHING



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[Sign up to Emily's newsletter](#)

Contact Azi

- 1:1 Coaching
- Group Coaching
- Events & Workshops



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“When a flower
doesn’t bloom,
you fix
the environment
in which it grows,
not the flower.”

Alexander den Heijer

