Divergente
Coaching & counselling for neurodivergent people

Coaching for ADHD, autism and high sensitivity – in Winterthur or online

Pablo Hernández Palazón · qualified coach (DAS) · neurodivergent myself

You may have received this sheet from a teacher, a therapist or a doctor. It briefly explains what coaching with me means, who it is for and how to book a first appointment.

WHO IT IS FOR

- Young people and adults with ADHD, on the autism spectrum or with high sensitivity – with or without a diagnosis
- Parents of neurodivergent children and teenagers
- Children, with the INPP® method (early reflex patterns)

TYPICAL TOPICS

- Everyday life, routines and self-organisation
- Sensory overload, stress and exhaustion
- Self-worth, masking, late diagnosis
- Family life, escalations, school meetings

HOW IT WORKS

- Initial consultation: 1.5 to 2 hours, in person, by phone or by video
- Then follow-up sessions of 1–2 hours, as often as you need
- In German, Spanish, English or French
- Practice in Winterthur's old town or online

COSTS

- Initial consultation: CHF 110 per hour (1.5–2 h)
- Detailed report on the initial consultation (topics, next steps, models as PDF), optional: CHF 60
- Follow-up sessions: CHF 160 per hour
- Coaching package: 3 × 90 min for CHF 550

Qualifications: DAS (Diploma of Advanced Studies) "Coaching and Counselling for Neurodivergence", Praxis für Lösungsimpulse. Further training includes Eye Movement Integration (EMI®), SMART (Harvard Medical School) and trauma-informed care. Accredited interpreter for authorities and courts.

Important: coaching is not psychotherapy and not a diagnostic service. In an acute crisis, please contact your doctor or Die Dargebotene Hand (phone 143).

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