



CURIOUS, CREATIVE, COMPASSIONATE COACHING

Dare to Be Different

Unlock your potential and embrace your Dyslexia

Dyslexia is a genetic, life long, neurological specific learning difficulty (SpLD).

Common challenges are often hidden but affect the daily smooth running of things. These can intensify in a school or work environment and if not identified or supported can increase feelings of frustration and anxiety. It can also have an impact on self confidence, self belief and ultimately your ability to succeed.

This is where there is an important choice. To either find positive coping strategies to living with dyslexia or avoid and mask the challenges?

Coaching Teens With Dyslexia

In the 'Dare to Be Different' programme, we focus on empowering your curiosity, creativity, and compassion through coaching conversations. You will discover your unique strengths, use them to your advantage, master your mindset and lead with confidence.

Many dyslexics do extraordinary things and become extraordinary people. From investors, designers, entrepreneurs, storytellers, sportspeople and much more. Their thinking differently didn't stop them, it made them.

Ready to take the first step?

This programme is for you if you:

- Want to acknowledge your dyslexia and empower your unique way of thinking
- Are ready to transform daily challenges into new opportunities
- Seek to reflect and deep dive into things that are currently limiting you from moving forward with your studies and other life choices
- Are finding traditional learning methods challenging
- Want to discover your hidden talents and unique strengths
- Need a confidence boost in school
- Love creative thinking and problem-solving

Time to get to know yourself and believe in yourself?

How would it feel if you woke up every day you could:

- Feel proud of their unique way of thinking
- Have fun whilst learning with your peers
- Grow in confidence every day
- Manage frustrations and challenges with a positive mindset
- Find their own special way to succeed

In this 12-Week Journey

We will meet every 2 weeks for a 1 hour coaching session. Each session builds naturally on your progress, ensuring you're not just learning, but actually implementing and growing. You'll receive consistent support, accountability, and practical tools to navigate obstacles with confidence between the coaching sessions.

You can expect personal growth, personal leadership, self awareness and self responsibility. You will gain confidence to make simple changes that will make your dyslexia work for you and not against you. The results are transformational, effective and have long term benefits.

Imagine having a clear roadmap to your goals, with support every step of the way.

This isn't just another coaching programme – it's your personalised path to lasting change.

This package combines pure coaching with practical tools and strategies to explore between our sessions.

STRENGTH + EASE = CONFIDENCE

- Identify your strengths, skills and achievements
- Understand your stretch and comfort zones
- Increase self awareness
- Explore self belief and self efficacy

RESILIENCE AND CHALLENGE = OPPORTUNITY

- How to handle stress, anxiety and overwhelm
- Identify the triggers and challenges
- Explore assumptions, misconceptions, habits and beliefs

GROWTH MINDSET + REFLECTION = PROGRESS

- Focus on your emotional, physical, and mental health
- Explore healthy habits and mindset
- Explore what is in your control/ out of your control
- Value mistakes as part of the learning journey

LEAD AND SUCCEED

- Explore empathy and open communication
- Embrace diversity
- Explore creative thinking and problem solving
- Find your voice and your coping strategies

Dyslexia today

With at least 10% of the population being dyslexic, like all neurodiversity, the first stumbling block comes with the unconscious bias and stigma surrounding learning differences. Which might explain why 3 out of 4 dyslexics don't share this information with their employers.

Coaching is a process and takes time to identify goals, change habits and shift mindsets.

The Coaching for Development Package

We are all different and unique, with our specific needs, triumphs and struggles. This package is designed for you to identify your strengths and lead with them. Whilst approaching challenges, old habits and assumptions with a growth mindset. Empowering you to take control and find your coping strategies and succeed in your personal and professional life.

Dyslexics are renowned for being:

1. Creative people, creative thinkers
2. Great problem solvers
3. Innovative, imaginative and curious
4. Empathetic and resilient
5. Connect the dots and find patterns

1:1 Coaching

One to one coaching gives you space, opportunity and time to reflect and explore specific, individual needs. As with all coaching it is future focused. These sessions are conducted in a safe and comfortable space supporting motivation, well being and performance for the long term.