

If You'd Like To
Follow Along...



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Unique Brains Need Unique Solutions: How Neurodiversity-Inclusive Coaching Supports Your Unique Self

Tracy Winter, PhD, PCC



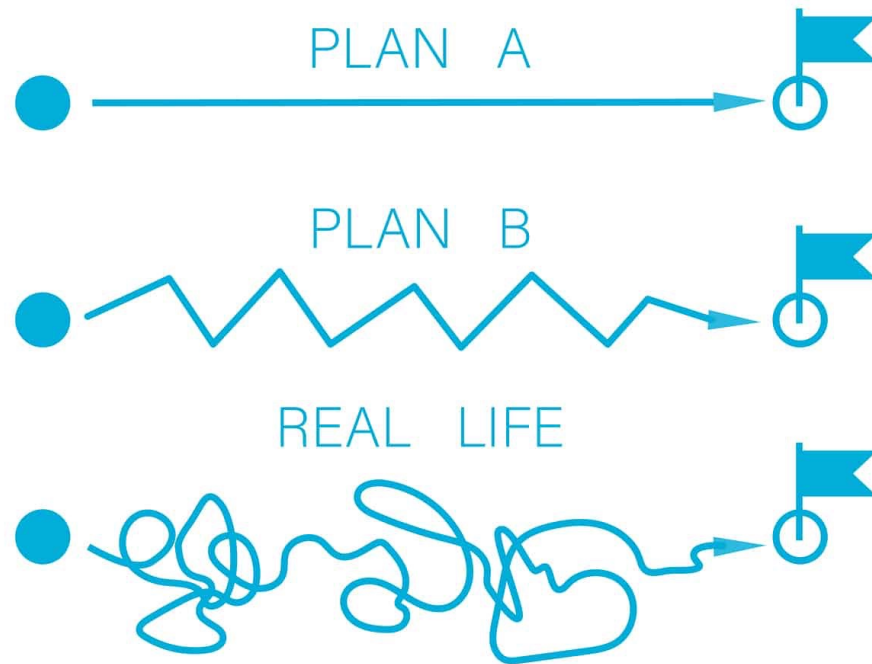
Requests

- Do this the way you need to do this
- Give grace around language
- Ask if you don't know

The Plan

- What is coaching?
- What is neurodiversity coaching?
- What might I look for in a coach?

And Also...



What is Coaching?



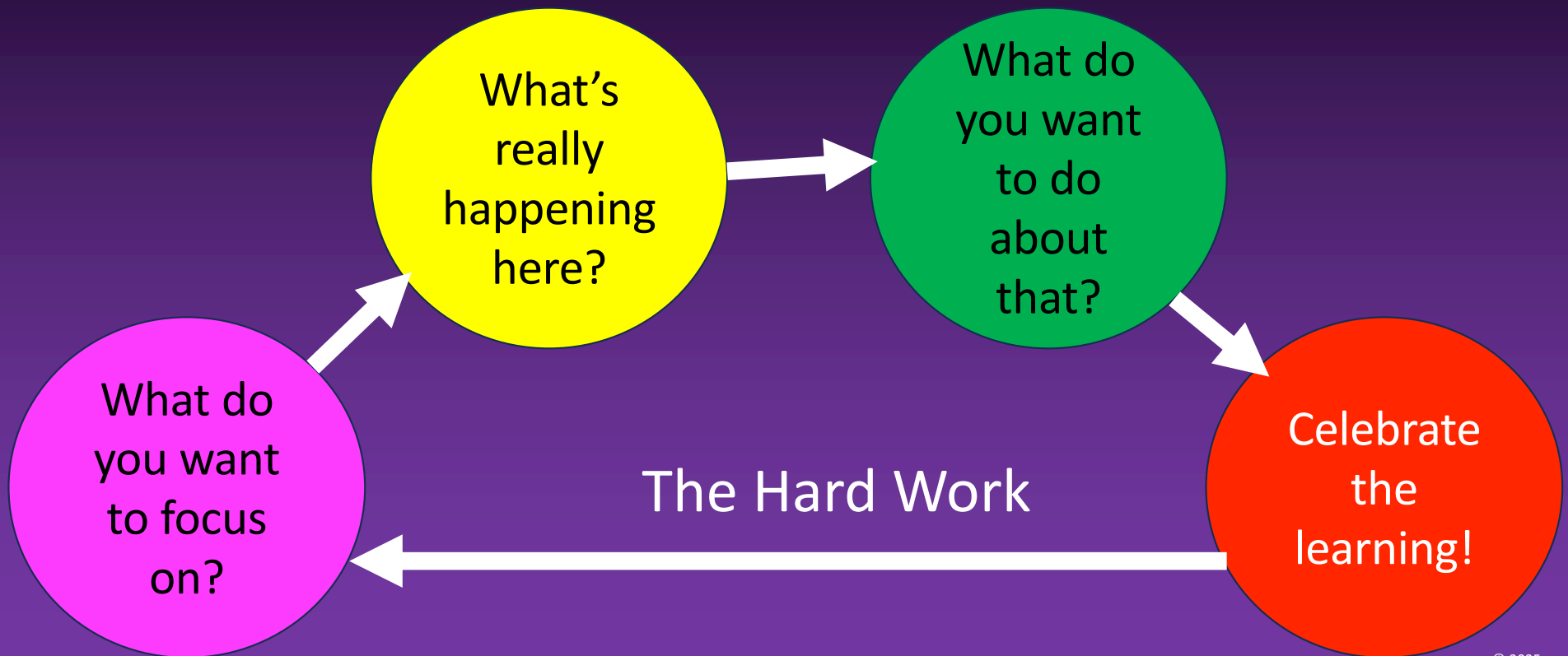
Partnering with clients in a thought-provoking and creative process that inspires them to be their best personal and professional selves

What To Expect

A large, orange, multi-pointed starburst shape with a white outline, centered on the slide. It contains the text "Getting Started" in a bold, black, sans-serif font.

**Getting
Started**

What To Expect



Therapy vs Coaching

Healing



Moving

Therapy & Coaching



- Self-awareness
- Emotions
- New perspectives

Mentoring vs Coaching

Mentor bestows
wisdom



Client creates
wisdom

Mentoring & Coaching



Interested in
supporting client

New strategies and
behaviors to try

Why Neurodiversity-Inclusive Coaching

Individualized



Practical

Client-led

Affirming

Coaching vs Neurodiversity-Inclusive Coaching



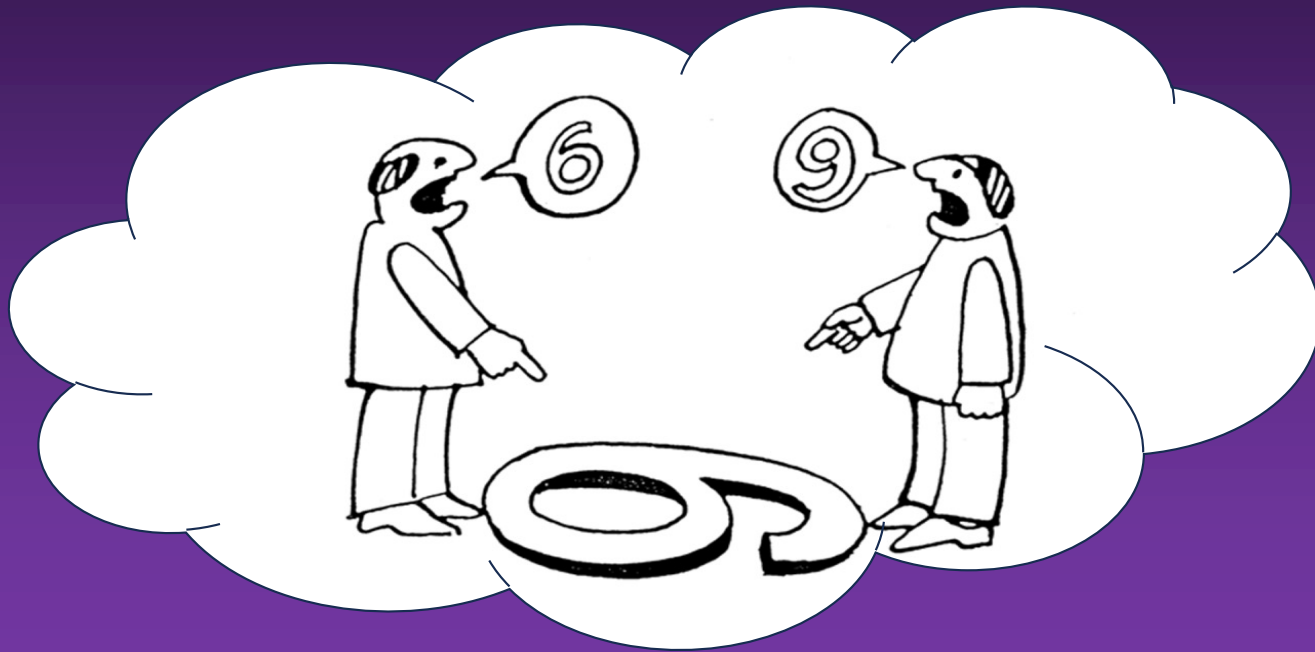
Where Clients Start



Where Clients Are Now



Other Neurodiversity Coaching Approaches



Choosing A Coach



Takeaways?

Questions?



Tracy Winter, PhD, PCC

tracy@nerdcoa.ch

www.nerdcoa.ch

www.linkedin.com/in/tracy-winter/



nerd coach



Slides and More Resources



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