



Coaching with Dr Rebecca Jackson

ND coach and coaching research practitioner

About me

I am ADHD and autistic. I am a trained positive psychology coach and researcher. I support neurodivergent clients with zest, self-regulation and executive functions, with a healthy dose of authenticity work and self-compassion along the way. I research accessible, effective and enjoyable coaching for autistic/ADHD adults. I'm high hope, high energy, and high for a a good sense of humour if you need a mood boost!



TRAINED	INSURED	EXPERIENCE	EVIDENCE
PPDip & Level 5 coaching certificate	Insured by my professional body	400+ neurodivergent coaching hours	I produce research on neurodivergent coaching practice



My coaching specialisms

Getting to know your authentic self

Accepting yourself and being yourself

Boosting energy and avoiding burnout

Creating focus through positive emotions

Developing executive functioning

Motivation and how to build it

Planning and prioritisation methods

Habit and routine formation

Medium Online coaching	Opening hours Mon, Tue, Thu, Sat: 7.30am to 1pm
WhatsApp +44 7888 102 986	Email yourcoach@thequirkybrain.coach



Case studies

What A said about the impact of our work



"I am convinced that what Becci does is absolute magic. Becci helped me build my self-efficacy and self-advocacy skills, improved my self-confidence, and gave me tools and frameworks to help myself....

It's fair to say that I am living a much better, fuller, and more authentic life with much less stress thanks to the skills that I learned in coaching with Becci."



What E said about the impact of our work

"That [session] was really helpful thank you. You are excellent at what you do!! I'm looking forward to reading your notes from today. Just wanted to say thank you again - I've told my support worker **how fantastic you are** and what a great role model you are to me and **how well you understand me** and my way of thinking/ communicating...I know it's nice to get good feedback so wanted to share."

What you can expect from me...

ORGANISED	NOTES	ENCOURAGING	WELLBEING
I set up the sessions for you	I offer AI/voice notes or record sessions	I champion and encourage you	I help you feel calm and regulated



My packages and rates

All packages start with a free 30-minute **aim-setting session**

10 weekly 1hr sessions £850

12 weekly 1hr sessions £1020

14 weekly 1hr sessions £1190

Long term, intensive coaching (24 weekly 1hr sessions) £2040

*****Value guarantee:** Pay 50% up front to book after consultation. Do not pay for the rest of the coaching unless you experience value. Free session at the end if needed! (Takers to date: 0!)

*** **Rates are different for coaching through the UK's Access to Work programme.** Ask for a quote if you are seeking funded coaching through Access to Work.

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