**SPECTRUM7: Where real experience makes real change**

**THE PROBLEM**

I have lived it. Two brilliant neurodivergent children, constantly misunderstood by systems that could not see past standardised boxes. "They don't look disabled," said teachers, doctors and professionals, while at home, we navigated meltdowns, sensory overwhelm, and constant advocacy battles.

I sacrificed my career, financial security, and personal well-being to secure the support they deserved. And when they finally reached adulthood? Everything stopped. No roadmap. No support structure. No clear path to independence.

This is not just my story. It is happening right now to thousands of families across the UK.

**OUR SOLUTION**

Spectrum7 provides bespoke, person-centred coaching and support specifically designed for high-functioning neurodivergent adults and the parents who have spent years holding everything together behind the scenes.

While most services focus narrowly on ADHD or take a clinical approach, Spectrum7 embraces the full spectrum of neurodivergence: Autism, ADHD, Dyslexia, PDA, anxiety, sensory processing differences, and the complex ways these profiles overlap.

**WHO WE SERVE**

**Neurodivergent Adults & Young Adults**

Those brilliant minds who have reached adulthood are often undiagnosed or misdiagnosed. They are masking, burnt out, and stuck, despite their immense potential. Many carry the invisible weight of trauma, bullying, and segregation. Well-being must be addressed before sustainable progress can occur. We help them:

* Heal from past wounds and build genuine self-esteem
* Develop resilience and mental health foundations essential for growth
* Build genuine confidence and self-trust
* Navigate employment transitions with strategies that work
* Recover from burnout and overwhelm
* Develop executive function skills tailored to their needs
* Set boundaries and reduce masking in professional environments

**Parents & Carers**

The forgotten supporters who don't magically stop being the anchor when their child turns 18. We help them:

* Navigate the delicate balance between support and independence
* Establish healthy boundaries without guilt
* Adjust expectations while maintaining hope
* Rediscover themselves after years of intense advocacy
* Support their adult children's employment journey without overstepping

**OUR UNIQUE APPROACH**

What sets Spectrum7 apart is not just what we do, it is how we do it:

* **Foundation-First Approach**: We build mental health, self-esteem, and resilience as essential foundations before tackling practical challenges
* **Trauma-Informed**: Recognising that many neurodivergent adults carry the invisible scars of bullying, misunderstanding, and segregation
* **Neurodivergent Led**: Real expertise comes from lived experience combined with professional experience and training
* **Beyond Labels**: We see the whole person, not just their diagnosis
* **Real Language**: No clinical jargon, no sugar-coating, just authentic, clean communication
* **Flexible Delivery**: Including our groundbreaking Connect7 program. Text-based coaching for those who find video calls overwhelming and need more time to process and respond
* **Blended Learning Model**: Combining personalised coaching with self-paced online courses for sustainable skill development
* **Results-Focused**: Practical strategies that translate to real-world progress

**CURRENT MOMENTUM**

Since February 2025, I have:

* Developed comprehensive content for multiple self-paced online courses that complement our coaching approach
* Successfully piloted integrated coaching programs with measurable outcomes
* Created free resources for parents navigating the transition to adulthood
* Established our foundation-first methodology that addresses trauma and builds self-esteem as prerequisites to practical skill development

**THE OPPORTUNITY: UBC BUSINESS BOOST**

With the UBC Business Boost investment, Spectrum7 will:

* Professionally produce and launch our comprehensive online course suite
* Scale our innovative Connect7 text-based coaching program and explore developing it into an App
* Create an integrated coaching-course model where personalised support reinforces self-paced learning
* Develop specialised trauma recovery and resilience-building modules
* Implement targeted marketing to reach more neurodivergent adults and their families
* Create a subsidised coaching program for low-income households
* Build strategic partnerships with local employers and services
* Establish Spectrum7 as the gold standard for holistic neurodivergent adult support

**WHY ME? WHY NOW?**

This is not just a business opportunity, it is a mission born from necessity.

The gap between childhood support and adult outcomes for neurodivergent individuals remains vast. People are falling through the gaps every day, with devastating consequences for individuals, families, and society.

I bring the rare combination of:

* Lived experience as a parent and advocate
* Professional training in coaching and neurodivergent support
* A proven track record of creating solutions that work

I know what it means to survive against the odds. I've done it.

Spectrum7 is the service I needed; maybe if this were available, my family’s experiences would not have been so traumatic.