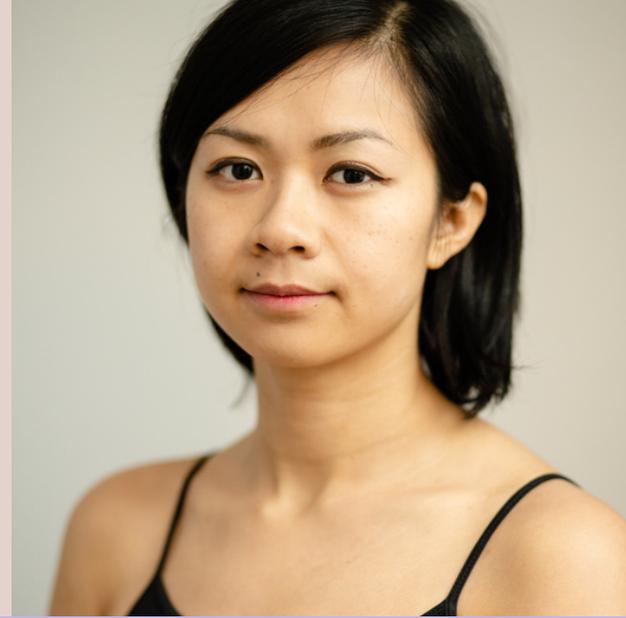


Kim To

ADHD COACH
TECH ENTREPRENEUR
NEURODIVERSE
ADVOCATE



London, UK



Kim@ownyourflair

Journey into Neurodiverse Advocacy

Kim To is a British Vietnamese ADHD coach and entrepreneur. She is an avid public speaker on neurodiversity and mental health. Kim supports individuals with managing their ADHD and delivers workshops to companies that want to support neurodiverse individuals.

Her passion to advocate for the neurodiverse community stems from her late ADHD diagnosis. She was shocked at the lack of support for people with neurodiversity in both their professional and personal lives that she decided to train as a **Certified ADHD coach**. She is currently exploring the tech entrepreneurship ecosystem and works part-time at LSE Generate the entrepreneurship hub at LSE. She has been named as one of the top **50 neurodivergent women 2022** and most recently was featured in the **Staring Back at Me Campaign** which aims to help UK women and non-binary people recognize the symptoms of ADHD in themselves.

Who she has worked with





Journey into Tech Entrepreneurship & Own Your Flair

Kim's ambition is to help empower every neurodiverse person to bring their authentic selves to the world. Own your flair was born as a movement to embody the message of owning what is **unique about yourself**.

Kim stumbled into the world of entrepreneurship after coming up with the idea to use AI to make ADHD coaching accessible to everyone.

This stems from her understanding that getting diagnosed and support for ADHD is actually a **privilege** and many vulnerable communities may struggle to get the help they need.

This is a long-term project to explore the use of tech to make ADHD & neurodiversity coaching available to all who need and to companies who want to support neurodiverse employees.

Public speaking topics

- My journey with ADHD and navigating workplaces
- Celebrating neurodiversity, what it is and why workplaces need it
- Neurodiversity and Entrepreneurship
- Neurodiversity and mental health
- Supportive parenting for neurodiverse parents
- How can companies support and empower neurodiverse talent

Contact Kim to see how she can help:

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