



The ADD-vantage

Specialist **ADHD** support services

Great minds think alike, brilliant minds think differently



PIPPA SIMOU

(BA(Hons), Msc, MBPsS, PGCE, CPsychol)

Chartered Coaching Psychologist and Specialist ADHD Coach

Pippa Simou is a regular keynote speaker, podcast guest and an ITVNews National Award Nominee. She is becoming widely regarded as a go-to source for women and girls about all things ADHD and how to live well with the condition. She is passionate about raising awareness of the nature of ADHD and its impact on individuals in education, family life, relationships and in the workplace.

Pippa, is a former teacher and holder of a Masters in Psychology, level 8 chartered coaching psychologist status through the British Psychological Society and ICF member. Her own journey with ADHD began when her son was diagnosed with the condition. She sought support from a local charity, ADD-Vance ADHD and Autism Trust, which she later went on to work for, as a coach and trainer. She recognised her own ADHD a few years into this role, and received her own formal diagnosis when she was in her 40's around the same time as her daughter.

Pippa founded The ADD-Vantage CIC, which exists to support girls and women with ADHD through raising awareness, advocating for equity, providing education, bespoke coaching and mentoring, and creating community.

She regularly imparts her wisdom via her YouTube Channel, and social media platforms. Pippa has held guest spots on various podcast shows and recently appeared on the expert panel for BBC's Newsnight and BBC's Morning Live with Kate Thistleton. She works with schools, families and a variety of workplaces to promote greater understanding and awareness of ADHD, so those living with the condition can become the best version of themselves.

MISSION

The ADD-vantage works to support girls and women to live well with ADHD through awareness, advocacy, education, coaching and creating community.



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We envisage a world where:

- everyone has a true understanding of the nature of ADHD, and how the female experience can be different from the 'expected' presentation
- where girls and women with ADHD receive the early targeted support they need to flourish, and where they access the same opportunities as their peers
- where girls and women with ADHD can embrace their strengths and qualities to thrive and grow into the best versions of themselves.

PODCAST TOPICS TITLES

- ADHD – What is it, What Does it look like, What Can I do and Where can I go
- How to live well & flourish as a woman with ADHD
- The female experience of ADHD
- Education & girls with ADHD – Classroom top tips
- Parenting teenage girls with ADHD
- ADHD & Relationships

SAMPLE OF PREVIOUS APPEARANCES



[Kate Moryoussef Episode 2 – Leaning into the brain I got](#)



[The Indigo Diaries with Natasha Hickling – The Add-Vantage to women & girls](#)



[podcast/gen-z-female-adhd-13-19-years-with-psychologist](#)

[See \[www.TheAdd-Vantage.co.uk\]\(http://www.TheAdd-Vantage.co.uk\) for more inc. BBC Newsnight & Morning Live appearances](#)

CURRENT PROJECTS:

Pippa is at the beginning of a new mentor programme, which will see women living with ADHD being trained with the skills to effectively mentor children and young people within the education settings, ensuring that the next generations are not waiting far too long to receive quality support and guidance they need to live well and reach their individual potentials.

Pippa's other project is the continuation of her Hertfordshire-based Community Hub for women with ADHD, this project was launched last year and has seen real impact within the local area. The community hub meet several times throughout the month and has become a safe haven for many, where like minds can come together to connect, learn and laugh with one another. It's primary aims to prevent isolation within the community, provide support and education.

Both projects are currently seeking funding. For more details get in touch at info@TheAdd-Vantage.co.uk