

Fact Sheet

Learning the Flourish Model

The Flourish Model is our roadmap for neurodivergent-affirming growth. It centers five core skills that help ADHD women reclaim self-trust and thrive in daily life:

- **Self-Compassion** – responding to yourself with kindness, especially when things feel messy
- **Self-Awareness** – noticing emotions, body cues, and energy shifts without judgment
- **Self-Accommodation** – shaping environments, routines, and expectations to fit your brain
- **Self-Advocacy** – communicating needs clearly and setting boundaries that protect your wellbeing
- **Self-Care** – tending to rest, movement, nourishment, and connection in sustainable ways

In this group you'll:

- Explore each skill through short lessons, examples, and reflective prompts
- Practice tools that build nervous-system safety, sensory regulation, and emotional clarity
- Notice how the skills weave together to break cycles of shame, overcompensation, and burnout
- Celebrate strengths that may have been overlooked in traditional settings

Flourish isn't a quick fix, it's a gentle shift toward living in alignment with your neurotype. As you move at your own pace, you'll gather practical strategies, language, and community support to help your ADHD brain feel understood and empowered.