

WHITTINGTON

Well-Being

Why I Created This Certification

I created this certification because I've witnessed what becomes possible when **The UnVeiling Method** helps autistic, ADHD, and AuDHD humans—especially women and AFAB—reclaim themselves, their energy, and their intention as the leaders of their own lives, often for the very first time.

To know who you truly are, and to draw from Self-energy that feels invigorating, aligned, and safe—that is freedom. That is thriving. And that is what calls me to this work.

Every morning I wake up with one mission and one question on my heart:

“What is possible when neurodistinct people are thriving and no longer in burnout? How will this change humanity for the better?”

This certification is how we begin to answer that question—together.

Because this isn't just a program. It isn't even just a certification.

This is a movement.

Each time we guide someone to see what's draining their energy, to notice the walls of protection that have kept their authentic Self hidden, and to step into their **Optimum Steady State**—we're changing lives. We're creating a ripple effect.

Every person who reclaims their purpose, peace, and comfort gets to share the best of themselves with those they love and care about.

This isn't only professional development.

This is a humanitarian movement for neurodistinct well-being.

And you are part of it now.

Thank you for joining me in this vital mission,

Carole Jean Whittington

Chief Well-Being Officer | Whittington Well-Being | Burnout Free since November 2019