One-to-one support & coaching packages



Greetings lovely human! I know you're a lovely human as I have a pretty watertight "zero arseholes policy" 😉😂.

75+% of the one-to-one work I do is offered inside of the Disobedient Business® Mastermind, but I do work with a few clients 1:1 outside of the Mastermind and I also offer life coaching for ADHD and/or Autistic folk, including under the UK Access to Work Scheme.

Here's how you can work with me right now. I don't have a "this many spaces in X" kinda deal going on, as it depends on who wants to work with me and in what capacity. If you're thinking, "I like the look of X but if only I could add Y"—if you don't ask, you don't get, so pop me a message and we can noodle on it together.

Whether it's accountability, focus and prioritising you're after or full one-to-one business coaching, I hope there's something for you below.

Pippa xo

Check out the tabs ⬅️⬅️⬅️ for all the ways I work with folks one-to-one

Qs

🔗 **WhatsApp Chat** | **Coffee Date**

If you have any Qs, just pop me a **WhatsApp on +44 7823 356617** or **book a coffee date so we can chat** about which option is best for you.

Pippa xo

🔗 **WhatsApp Chat** | **Coffee Date**

The Disobedient Brain (Life) Collab

$450USD or £350GBP pm

The Disobedient Brain (Life) Collab is your in-it-for-the-long-game partnership to think out loud, adjust gently, and live and work in a way that actually works with your brain.

(6 month commitment)

WTF *is* this?

You're navigating life with a neurodivergent brain, and some weeks (aka "hours" 👀) you need a reset, some weeks you need reflection, and some weeks you just need someone to say "nope, you're not being dramatic — that's a lot." This is the container for all of it, and more.

The Disobedient Brain (Life) Collab is ongoing one-to-one support that meets you where you are — with bi-monthly live calls and voice note rabbit holes that lead to real shifts. It's the in-it-for-the-long-haul coaching container for figuring things out *as they come up*, with someone who's gonna get deep under the hood of your brain, your life, your work, your energy—essentially all the things that support you to make your way in the world.

It's a partnership vibe where we work side by side (on video calls and in the gaps in between), unpacking the stuck bits, exploring options, building in support systems, making room for rest, unmasking what's not yours, adjusting routines, and keeping life moving in a way that fits how your brain actually works — not how it's "supposed" to.

Is this for you?

This is for you if you're living life with a brilliant, unconventional brain — and you're ready for support that sticks around.

🔗 WhatsApp Chat | Coffee Date

You've got responsibilities, relationships, intentions… and a brain that doesn't thrive on rigid plans, external expectations, or figuring it all out in a vacuum. You crave a partnership that gives you space to breathe, process, problem-solve, and build rhythms that work without burning out or masking TF through.

The (Life) Collab might be for you if you're:

- Tired of trying to "stay consistent" and ending up feeling like you're always missing the mark in some way
- Craving a sounding board who can actually follow your brain tangents and help you figure out what's real — and what's a well-trodden path that isn't taking you anywhere helpful anymore.
- Ready to untangle routines that aren't working, patterns that don't serve you, or life admin that feels like quicksand
- Looking for a space to think out loud, make decisions, and stay moving — without needing to be "on" all the time

This is ongoing support that meets you in the messy middle — where real life actually happens.

How this works

We work together across six months — with regular calls, in-between support, and shared space to process, reflect, adjust, and keep life feeling moving along (even when your brain is doing its own thing).

Here's what's included:

- **Live Video Calls** – twice-monthly (12 in total) 60-minute sessions to check in, reflect, untangle what's stuck, and co-create strategies that feel like they might *actually work*

- **Mon–Thu Voice + Text Support** – drop me messages when your brain has things to say (even at weird o'clock); I'll reply as soon as I can.

- **Your Time, Your Rhythm** – message me whenever. The reply boundary is mine. You get to *work* with your brain, not against some (arbitrary) clock

This is deep support built around real life, real energy levels, and brains that don't do neatly packaged *anything*.

Why This Works

Because the way your brain works isn't a problem to fix — it's a powerful, but often challenging gift to work with.

This isn't about morning routines, productivity hacks, or pretending you're fine when you're running on fumes. It's about having someone alongside you who can reflect, sense-check, challenge, witness, and help you shift — whether you're doing great, in a bit of a spiral, or just feeling like you're carrying twelve tabs too many.

We talk it through. We spot patterns. We say the quiet hesitant stuff. We make space for what's not working and shape what *might*. This is co-regulation meets strategy, a bit of processing meets real-life logistics — all tailored to how your brain *actually* works, not how someone else says it should.

Over time, here's what shifts:

- You spend less time spinning around in your own head
- You stop defaulting to overhauling your whole life every time something feels "off" (we might not be able to get rid of the 6-monthly "move the furniture around" urge 👀)
- You build more trust in your own rhythms — and more follow-through with less self-judgement
- You find ways of working and *being* that feel as unmasked as possible, sustainable, and *actually yours*

LET'S DO THIS THANG!

YOUR BRAIN + MY BRAIN. LET'S CHAT.

Whether you're eyeing up an intensive or something longer-term, the first step is a chill, no-pressure coffee chat. Book in below – no prep, no lonnnng forms, no weird AF sales vibes.

Just a cuppa and a conversation to see what kind of support your brain's craving.

COFFEE CHAT >>

🔗 **WhatsApp Chat** | **Coffee Date**

The Disobedient Brain (Biz) Collab
$795USD / £600GBP pm

The Disobedient Brain Collab is your in-it-for-the-long-game partnership to think out loud, move strategically, and do business in a way that actually works with your brain.

(6 month commitment)

WTF *is* this?

You're running a business with a neurodivergent brain, and some weeks you need strategy, some weeks you need reflection, and some weeks you just need someone to say "yep, that's enough for now." This is the container for all of it.

The Disobedient Brain Collab is ongoing one-to-one support that meets you where you are — with bi-monthly live video calls and voice note rabbit holes that lead to real shifts. It's the in-it-for-the-long-haul coaching container for figuring things out as they come up, with someone who's gonna get deep under the hood of your brain and your business.

It's a partnership vibe where we work side by side (on video calls and in the gaps in between), pulling apart offers, mapping next steps, making plans, adjusting them, noodling on copy, making decisions, unmasking your strategy and you, and keeping the momentum going, in the times your brain is doing cartwheels.

Is this for you?

This is for you if you're running a business with a brilliant, unconventional brain *and* you're ready for support that sticks around.

You've got ideas, ambition, experience… and a brain that doesn't thrive on hustle, rigid plans, or figuring it all out in a vacuum. You crave a partnership that gives you room to breathe, to process, make decisions, get strategic, and keep momentum going without burning out or masking TF through.

🔗 **WhatsApp Chat** | **Coffee Date**

The Collab might be for you if you're:

- Tired of always starting strong and stalling out
- Craving a sounding board who can actually follow your thought tangents and help you decide what's a shiny object and what's an awesome side quest
- Ready to untangle offer wobbles, capacity leaks, or flaky systems
- Looking for a space to think out loud, make decisions, and stay moving — without needing to be "on" all the time

This is ongoing support that meets you in the messy middle, where the *real* work happens.

How this works

We work together across six months. Regular calls, in-between support, and shared space to process, plan, and keep moving (even when your brain is doing its own thing).

Here's what's included:

- **Live Video Calls** – bi-monthly coaching sessions (12 in total, the first is 2 hours, then 60 mins) to set goals, make decisions, untangle plans, and reflect in real time

- **Mon–Thu Voice + Text Support** – drop me messages when your brain has things to say; I'll reply within 24 (biz) hours, often sooner

- **Private Channel** – dedicated space for ongoing chats, threaded convos, and brain dumps that don't get lost in the scroll

- **Google Doc Noodling** – we co-work on service ideas and offerings, plans, launch strategy… whatever needs another set of eyes

- **Your Time, Your Rhythm** – message me whenever. The reply boundary is mine. You get to work with your brain, not against some (arbitrary) clock

This is deep support built around real life, real business, and brains that don't do neatly packaged *anything*.

Why This Works

Because the way your brain works isn't a problem to fix — it's a powerful, but often challenging gift to work with.

This isn't about rigid frameworks, forced productivity, or pretending your energy is predictable. It's about having someone alongside you who can reflect, sense-check, challenge, witness, and help you move — whether you're in momentum, in resistance, or in a "burn it all down and start a goat sanctuary" kind of mood.

We track the threads together. We talk it out, rework it, rest it, reshape it. This is strategy, reflection, momentum, and support — all filtered through *how your brain actually works*, not how someone else says it should.

Over time, here's what shifts:

- You spend less time stuck in your own head
- You stop defaulting to burning it all down every time something feels "a bit off"
- You build more follow-through — and more trust in how you do things
- You move forward and create success in ways that feel *unmasked* — and actually like *you*

LET'S DO THIS THANG!

YOUR BRAIN + MY BRAIN. LET'S CHAT.

Whether you're eyeing up an intensive or something longer-term, the first step is a chill, no-pressure coffee chat. Book in below – no prep, no lonnnng forms, no weird AF sales vibes.

Just a cuppa and a conversation to see what kind of support your brain's craving.

COFFEE CHAT >>

🔗 **WhatsApp Chat** | **Coffee Date**