**Speed Coaching**

| 11.30-13.15 & 15.00-15.30 | **Speed Coaching** Participants can book a 15 minutes talk with a coach, psychiatrist, psychologist or company doctor [see registration form] |

**Info:**
Choose a topic you want to work on in your daily life or work, for which you can use some tips & tricks how to achieve your goal. For example your difficulties with keeping focus, procrastination, emotion regulations, self-esteem, troubles finding the right medication, sleep, getting started, how to think positive, etc.

NB: do realise that you get only 15 minutes. So, prepare 1 question!

**Coaches and other professionals:**
- Sandra Kooij – psychiatrist ADHD for adults
- Sjan Verhoeven – coach for people with all forms of neurodiversity
- Akke Meilink – psychiatrist for adults and children with ADHD (retired)
- Nirma Haggenburg – coach for students with ADHD
- Saskia Elswijk – coach for women with ADHD
- Rob Pereira – doctor for adults and children with ADHD (pediatrician)
- Arda Nieboer – coach for people with ADHD
- Ben Braal – company doctor
- Moniek Mors – company doctor
- Marianne Schulpen – company doctor