



Vanessa Maugey, MSc, GMBPsS, FRSA Principal Coaching Psychologist



Vanessa is Principal Coaching Psychologist and an ADHD mentor working with adults who have diagnosed or suspected ADHD. She has a BSc (Hons) in Applied Psychology and an MSc in Psychology and Neuroscience of Mental Health. She is also a certified coach in Cognitive Behavioural Coaching and Stress Management Coaching.

With 17 years' experience of ADHD and Autism and a personal vested interest in this field, Vanessa aims to help adults to understand and master their neurodivergence using a brain science perspective. In her experience, once the person has the right scaffolding in place within their environment, they can learn to navigate life and work.

Vanessa is a member of the British Psychological Society (BPS), an affiliate member of the British Neuroscience Society and an affiliate member of the International Society of Coaching Psychology.