

Sarah Hunnable - Speaker Bio

ADHD Executive Coach | Neurodiversity Consultant | Thinking Partner | Change Agent | Solutions Architect

Mission-Driven Leader



Sarah Hunnable is a dynamic ADHD and neurodiversity coach, consultant, trainer and speaker on a mission to create workplaces where difference is not just accepted - but **leveraged as a strategic advantage**.

She helps forward-thinking leaders and teams reshape the way that they work, designing environments that bring out the brilliance in every kind of brain. With Sarah, inclusion isn't just a policy—it's a **performance strategy**.

Proven Credentials



- Fellow of the Chartered Management Institute
- Certified ADHD Coach (ADDCA, ICF Accredited)
- Over a decade of senior operational leadership
- Multi-business owner with practical systems insight

Unique Perspective



As both a business strategist and someone with lived ADHD experience, Sarah offers the rare combination of real-world insight, commercial acumen, and neurodivergent empathy.

Transformative Impact



Inclusive cultures aren't just ethical—they're cost-effective and performance-driven. Sarah helps businesses reduce sickness absence, staff turnover, and legal risk by building environments where people stay, thrive, and contribute as high-performing teams.

Why Sarah?

- **Diagnosed with ADHD** - Speaks from the inside-out
- **Real business experience** - She's led from the boardroom and managed complex people challenges
- **Trusted Advisor** - To business owners, directors, HR professionals, L & D Teams, DEI leads, managers and teams navigating neurodiversity
- **Empathetic communicator** - Described as an empathetic communicator and thinking partner who unlocks potential
- **Lover of People** - Helping leaders see their strengths and ignite them in others around them.



Available for speaking, panels, webinars, consultancy, training and coaching.

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What People Are Saying:

"She doesn't just coach, she sees people -deeply, intuitively, and without judgement."

"I'm less overwhelmed, more productive, and my relationships at work have improved."

"She helped me access support I didn't know existed and advocated for me when the system failed."

"She doesn't let you off the hook - she holds space, but also accountability."

"I understand my brain now, and I know how to work with it - not against it."

"The pain is gone."
(described literal relief from physical tension due to reduced business stress)

Contact:



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www.sarahhunnable.com



Based in the UK

Sarah Hunnable 