

Samantha Hiew is an Award-Winning Social Entrepreneur, Keynote Speaker, Consultant, Scientist, and Storyteller.

Sam founded ADHD Girls in 2020 before her own ADHD diagnosis at 40, and identify as an autistic, dyspraxic, and Touretter. She is passionate about reframing the medical labels given to neurodivergents, where we see each individual as more than their diagnosis, through intersectional lens of culture, class, race, and life stage as a parent.

Sam has given keynote talks and spoken on panels for **SAP, Deutsche Bank, Virgin Active, Bloomberg, BBC, Societe Generale, Arm, PodPoint, Oxford University**, and brought ADHDers and the world of work together at the first **ADHD Best Practice at Work conference**.

Sam's work has been recognised with Difference Maker Award, alongside nominations for Rising Star, Stereotype Buster and Community Choice awards.



**ADHD
GIRLS**

Company Events & Employee Support Workshops



Sam often speaks at LIVE and virtual events, challenging the perception of normal and is celebrated for her words that inspire compassion and serve as catalysts for change and understanding. Sam runs neurodiversity leadership and ADHD programmes built on the foundation of lived experience research, providing companies with a roadmap to harness diversity of thought.

Popular Talks & Format Options

30 mins topics (25 mins talk + 5 mins Q&A)

- Empowering women with ADHD to thrive at work
- Female Neurodiversity at Work
- ADHD & Women: Misunderstood, misdiagnosed, & Moving Forward For Change
- ADHD and dopamine hits: How to balance life on the fast lane

1 hour topics (45 mins talk + 15 mins Q&A)

- Humanising Neurodiversity at Work
- Neurodiversity & Integration: Bridging Two Worlds
- Neurodiversity & Intersectionality: Understanding the diversity within diversity
- ADHD Best Practices at Work: Recruitment, Retention & Belonging, Intersectionality
- Neurodiversity & the Family Life Cycle
- Neurodiversity, Supporting Students with ADHD & Autism at University
- ADHD, Student's Mental Health & Wellbeing
- Science of ADHD

Work with Us: Contact Samantha at samantha@adhdgirls.co.uk for more information

3 - 5 hour LIVE workshops built with practical tools and strategies based on our programmes

- Neurodiversity: Creating a Culture where everyone can thrive
- ADHD Workplace Adjustments & Wellbeing

eLearning programmes on Utopia platform

- Neurodiversity: Creating a Culture where everyone can thrive
- ADHD Workplace Adjustments & Wellbeing
- Raising Girls with ADHD: Parents & Carers Guide

Testimonials



I collaborated with Sam at an event to mark International Women's Day and I was highly impressed by her as were all the attendees. She is a consummate professional and a fantastic public speaker. Her knowledge and experience on ADHD and Neurodiversity is insightful and thought provoking. Her advocacy work empowering ADHD Girls & Women is an inspiration for many and she is a great role model for Neurodivergent women.

Leena Haque

NEURODIVERSITY PROGRAMME LEAD, BBC CAPE



Sam delivered a powerful presentation to an audience of over 400 employees on the subject of neurodiversity as well as sharing her own moving story. Her passion for championing positive action in neurodiversity combined with her extraordinary authenticity and confidence to share her vulnerabilities is formidable. I have never heard our auditorium fall so quiet as she spoke, nor a round of applause so loud when she finished.

Ben Higgins

MANAGING DIRECTOR, UK HEAD OF HUMAN RESOURCES AT SOCIÉTÉ GÉNÉRALE

Who we've worked with



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