



## THE NEUROBALANCE COACH MEDIA KIT

# NATALIE LOWE

*"Finding balance isn't about changing who you are; it's about embracing your unique strengths while navigating a world that often doesn't match your operating system."*

## SPEAKER FACTS & TOPICS

- **Adult-Diagnosed ADHD Advocate:** Discovering her neurodivergence in her mid-40s, Natalie champions the power of being different, showing audiences why “different” is the key to innovation, strength, and transformation.
- **“Berries vs. Ice Cream.”** How to balance quick, impactful support with everyday practices that foster resilience and well-being.
- **“Different Operating Systems”** How to find balance between embracing your authentic self and thriving in a world built for neurotypicals.

→ For more information please email [Natalie@Neurobalancecoach.com](mailto:Natalie@Neurobalancecoach.com)