

Event: Understanding Self-Regulation and Anxiety in Neurodivergent Women

Date: Tuesday, January 14, 2026 from 8:00 pm CET on Zoom

Speaker:

Kate Moryoussef, author, coach, and host of The ADHD Women's Wellbeing Podcast

The SHARE Network of Professionals is pleased to welcome **Kate Moryoussef**, author of *The ADHD Women's Wellbeing Toolkit* and host of *The ADHD Women's Wellbeing Podcast*, for an engaging session on **Wednesday, January 14, 2026** from 8:00 pm CET.

Kate is a coach, educator, and advocate who supports neurodivergent women in midlife to better understand themselves and enhance their wellbeing. In this session, she will explore the theme of **self-regulation**—a skill that sits at the intersection of anxiety management, emotional awareness, and personal resilience. As a **certified EFT (Emotional Freedom Techniques) practitioner**, Kate will share evidence-informed insights into nervous system regulation and its role in mitigating anxiety and emotional overload.

Participants will gain understanding, practical insights and strategies to accompany their clients and patients in managing their emotional challenges in daily life. It will give you a deeper understanding of how education, self-awareness, and self-regulation can support wellbeing both personally and professionally.

About the speaker

Kate Moryoussef is a wellbeing and lifestyle coach, EFT practitioner, and author of *The ADHD Women's Wellbeing Toolkit*, an empowering guide for women seeking to understand and thrive with ADHD. She is also the host of the chart-topping *ADHD Women's Wellbeing Podcast*.

The zoom link will be sent to members shortly. For non-members of ADHD Europe, kindly complete [the registration form dedicated for non-members of ADHD Europe - on our website](#)

