

Resilience
DIAGNOSTIC & COACHING

motivate *with mel*
motivate ▶ master ▶ maintain



Are you Neuro-Spicy *Confirmed* **Curious?**

Join us for a continuation of our Neuro-Spicy series! Due to the success of our first evening of sharing and normalizing the Neuro-Spicy experience, we are having a part two!

PART 2

Explore....

How to leverage your strengths and support your needs through compassionate changes

What you'll walk away with:

- Journal Prompts to destigmatize the ADHD experience
- Practical checklists and tools
- Up to date research about executive function supports

August 20th 2026

From 6-8 pm

6 Petaluma Blvd N Ste B10

Upstairs in the Great Petaluma Mill

Light Refreshments will be served

EST 2024
**TIANA MALIA
MCDOWELL**
CLARITY AND FUNCTION
COACH



August Motivation Circle!



Scan Here



Tiana has combined her lived experience as an ADHD woman, mom, and business owner with her speech therapy background to develop systems, strategies and personalized coaching support for women who are tired of cookie cutter advice and are ready to embrace the full messiness of having unique brains with someone who "gets it."