



SQUIRREL SPACE · BETA PROGRAM

The Squirrel Steps Journey

Learn. Embrace. Re-define.

Discovering and reclaiming your ND identity isn't a linear process — so Squirrel Steps isn't either. It's modular and personalized: we create the container and bring the coaching, and you move through the parts that are right for you, in the order that fits your life.

A SPACE TO

Question

"I've seen things that resonate — I think I might be wired a bit differently." You arrive with curiosity; we listen.

A SPACE TO

Discover

Explore how your mind, energy, and attention actually work — and find language for what you've always known.

A SPACE TO

Understand

Release shame, name your strengths, and connect with people who get it. You're not broken — you're wired differently.

A SPACE TO

Re-define

Choose what comes next, and build a life that honors how you genuinely thrive — on your own terms.



5 SESSIONS

CERTIFIED COACHES

STRENGTHS-BASED

NO DIAGNOSIS REQUIRED

What we explore together

Five sessions: a 45-min intake plus four 60-min modules, over 4–8 weeks at your pace. We make space for the thoughts, challenges, and strengths so many ND'ers carry:

- "Why does this feel so much harder for me?"
- Masking, burnout, and the cost of fitting in
- Sensory needs and how your energy really works
- Naming strengths: focus, creativity, depth
- Self-trust, belonging, and what comes next

"You're not broken, and you don't need a diagnosis to deserve support. You're wired differently — and that difference is worth understanding."

— Emily Kapszukiewicz, Founder, Squirrel Space

Beta: \$200 suggested donation. Sliding scale & scholarships — no one turned away. Contact Emily@Squirrel-Space.com.