



SUZI PAYTON

CONTACT

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PRAISE

"Suzi was informative yet light hearted about a complex topic."

"Learning from Suzi should be compulsory for everyone... It has changed my outlook on everyone in work and my personal life for the better."

"Incredible hearing from someone with lived experience, rather than a medical professional."

"Loved your presence, humour and the warmth of your speaking style"

"Game-changing and life-changing"

SOCIALS

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Suzi Payton

COACH COMEDIAN SPEAKER

SUPPORTING ADHD AND AUTISTIC FOLK

Recently named one of the UK's most influential and dynamic female entrepreneurs, Suzi Payton, uses her passion, skill for finding the funny, and own experiences as an Autistic ADHDer to change the way society views those who are neurodivergent.

Through a delicious blend of comedy and coaching, and armed with a winning combination of ADHD, autism, Tourette's and mild OCD, Suzi uses her lived experience to educate audiences, businesses, charities and organisations. She shows people how they can support their friends, clients or colleagues to thrive, and not just survive.

Using her background in education (she was a secondary school teacher for 17 years) and her experience in comedy and improvisation (Suzi is a regular on the comedy and improv circuit), Suzi offers a unique insight, which she has shared with the likes of NHS England, American Express and The YMCA.

AREAS OF EXPERTISE:

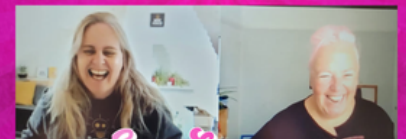
- ADHD and Autism
- Tourette's Syndrome
- OCD
- Working with neurodivergent students
- Stand-Up Comedy
- Improvisation for confidence
- The UK Education System & neurodiversity
- Motivational Keynote Speaker

AVAILABLE TO COMMENT ON:

- Neurodiversity in the workplace
- Neurodiversity in relationships
- Late diagnosis of neurodiversity
- Celebrating neurodiversity
- Diversity, Equity and Inclusion
- Mental Health in the workplace
- Job related burn-out for the neurodiverse
- How improvisation can improve everyone's life



1:1 Coaching & Comedy



Comedy Improv
WORKSHOP

CLIENTS INCLUDE:



SAATCHI & SAATCHI

