

Neuro Kieran

Neuro Kieran is an AI coach for neurodivergent people, including autistic, ADHD, and dyslexic individuals.

Kieran helps users understand **how AI can reduce overwhelm and support organisation**, without forcing neurotypical ways of working.



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What Neuro Kieran Helps With

Neuro Kieran supports users by showing how AI can:

- Break tasks into manageable steps
- Organise thoughts and information
- Support routines and time awareness
- Make communication easier

“You stay in control. You choose what help you want, when you want it, and how much feels right.”

Problems & AI-Based Solutions

1. Struggling to start tasks?

Problem: Knowing what to do, but not where to begin.

How AI helps: AI can break tasks into very small steps and create simple starter plans.

2. Thoughts feeling messy or overwhelming?

Problem: Too many ideas or worries at once.

How AI helps: AI can organise thoughts into clear lists, categories, or plans.

3. Preparing for communication?

Problem: Calls, meetings, or messages feel stressful.

How AI helps: AI can help prepare scripts, notes, or message drafts in advance.

To get started, you can use ChatGPT's free version.

Go to <https://chat.openai.com> and paste this into the chat:
“Help me organise tasks, manage overwhelm, and break things down in a way that works for me.”

