



Terms & Conditions

Last Updated: 28th July 2026

Service Provider: The AuDHD Environment

Contact: hello@theaudhdenvironment

These Terms are governed by the laws of Scotland. The Courts of Scotland have exclusive jurisdiction for any matter and proceedings arising out of the use of this Site.

It is intended that all disputes can be resolved with good faith between the parties. Should it not be possible to resolve a dispute then the dispute shall be referred to mediation.

1. About The AuDHD Environment

The AuDHD Environment is a solo 1:1 online coaching practice for adults with ADHD, autism and AuDHD (combined autism and ADHD), with particular focus on late-diagnosed adults. Coaching is provided by Emma Calderwood, trained in the Executive Functioning Coaching Method™ and the AuDHD Paradox Coaching Framework™ by ADHD Works.

The AuDHD Environment is not a medical, therapeutic, or clinical service. For the avoidance of doubt, coaching does not constitute therapy, counselling, diagnosis, or any form of medical or psychological treatment.

In addition to these Terms of Use please be aware of our Coaching Agreement which include key terms which are set out separately on our Site.

1. 1 What Coaching Is

Coaching at The AuDHD Environment is a collaborative, client-led process designed to support adults with ADHD and AuDHD in identifying and working towards their personal, professional, or life goals. Sessions are delivered online via video call at a mutually agreed time.

Coaching is not therapy and does not substitute for therapy if needed. Coaching does not diagnose, prevent, cure, or treat any mental health condition, medical condition, neurodevelopmental profile, or addiction. It is not legal or financial advice.

2. Site Use

By visiting www.theaudhdenvironment.com you are consenting to our terms and conditions as set out below. Should you not wish to accept the terms and conditions of this Site in full you should cease using this Site immediately.

This website, www.theaudhdenvironment.com you, will be referred to as the “Site”. All visitors to the Site will be referred to as “User” “You” or “Your”. As a user, you will be bound by these Terms of Use which may also be referred to from time to time as Terms and Conditions. The terms “We” “Us” and “Our” refer to Emma Calderwood. Accessing and using the Site constitutes acceptance of the Terms of Use.

By using this Site you agree to the Terms and Conditions without modification. We reserve the right to amend the Terms of Use of this Site and on doing so we will update these Terms and Conditions.

This Site is intended for use by persons who are a minimum of 18 years old. You must not copy, share or disseminate the information on this site which is subject to copyright for which all rights are reserved.

This Site is directed to people residing in the United Kingdom. We do not represent that the content will be available or appropriate in other locations. This Site is written in English (United Kingdom) and we do not take responsibility for any translations which are applied to this Site.

2.1 Site Operation

This Site is available free of charge.

We do not guarantee the availability of any Site or content. We reserve all rights to withdraw, suspend or restrict the content at any time for any reasons. Where possible, we will give you reasonable notice if the Site is to be suspended.

We do not guarantee that this Site will be secure or free from bugs or viruses.

You are responsible for configuring your information technology, computer programmes and platform to access our Site. You should use your own virus protection software.

3. Terms

The content on this Site, and the associated social media channels (via @theaudhdenvironment) and email marketing, will include information relevant to ADHD, autism and AuDHD education, support and coaching. The content on this website is provided for general informational purposes only and does not constitute professional advice of any kind. While every effort is made to keep information accurate and up to date, The AuDHD Environment makes no representations or warranties about the completeness, accuracy, or suitability of the information provided. None of the content in emails, blog posts or social media posts should be construed as specific Life Coaching, Therapeutic, Health, Medical or Lifestyle advice.

You must not rely on the information on our Site as an alternative to advice from a qualified professional. Should information or support be provided in respect of mindset, lifestyle and wellbeing this is information and motivational content only. If you have any specific questions about a medical matter you should consult your GP or other relevant health professional. If you believe you may be suffering from a medical or mental health condition you should seek immediate medical attention. You should never delay in seeking medical advice because of information on our website or social media channels.

To the fullest extent permitted by law, The AuDHD Environment accepts no liability for any direct, indirect, incidental, or consequential loss or damage arising from your use of this website or from the coaching services provided, beyond the total fees paid to The AuDHD Environment by the Client.

In addition to these Terms of Use please be aware of our Privacy Policy which include key terms which are set out separately on our Site.

3.1 Copyright notice

Copyright (c) 2026 The AuDHD Environment

We, together with our licensors, own and control all the copyright and other intellectual property rights in our website and the material on our website; and.

All the copyright and other intellectual property rights in our website and the material on our website are reserved

3.2 Use of content

You may not edit, modify, share, republish, redistribute, sell, rent or sub-license any material from our website without explicit written consent from us. Please contact hello@theaudhdenvironment.com if you'd like to ask about sharing our content or using our content for a non-personal use.

Notwithstanding the above, you may reshare our content across social media with explicit reference to us.

3.3 Third-Party Links

This website may contain links to external websites for informational purposes. The AuDHD Environment is not responsible for the content, privacy practices, or accuracy of any linked sites. The inclusion of a link does not imply endorsement.

3.4 Limited warranties

We do not warrant or represent:

- the completeness or accuracy of the information published on our website;
- that the material on the website is up to date;
- that the website will operate without fault; or
- that the website or any service on the website will remain available

4. Disputes

If you have a complaint about our services, please contact us directly at hello@theaudhdenvironment.com. We aim to resolve all issues fairly and promptly, within 30 days of receiving the complaint in writing. If we cannot resolve it internally, you have the right to raise a complaint with relevant trading standards authority or seek alternative dispute resolution.