



Helen Lawal

JOURNALIST · MEDIA PERSONALITY

Neurodivergent employees, especially women, are often diagnosed late, managed poorly, and lost to burnout before anyone notices. Workplace wellbeing programmes rarely meet them where they are, and generic health advice fails the people who most need tailored support. The organisational tension is practical: how to build health, inclusion, and retention strategies that work for a neurodiverse workforce without reducing the conversation to awareness slogans.

Dr Helen Lawal is an NHS GP, qualified nutritionist, and specialist ADHD practitioner who helps organisations design health, wellbeing, and neuro-inclusion work that actually fits how neurodivergent employees live.

Helen Lawal's 2026 Biography

Why organisations work with Helen Lawal

- Clinical credibility that few wellbeing speakers match: 15 years as an NHS GP, MRCP, and a postgraduate qualification in nutrition, so the science in the room is hers, not borrowed.
- A rare specialism in ADHD and AuDHD in women, shaped by a private practice focused on nutrition and sustainable behaviour change for this group.
- Named ambassador for ADHD UK and trainer on the National Autism Training Programme, so the neurodiversity content is informed by advocacy and training work, not a topic pick-up.
- Television presenting experience on Channel 4's Food Unwrapped and How to Lose Weight Well, which translates into a speaker who can hold a large room and explain science without losing it.
- Lived experience as a late-diagnosed AuDHD woman, which grounds the work in something buyers trust more than a deck.

Biography highlights

- NHS GP with 15 years of clinical experience, MRCP, MBBS (Hull York Medical School), BSc Sport and Exercise Science (University of Leeds), DFSRH, MNutr.
- Celebrity Ambassador for ADHD UK (charity number 1188365).
- Trainer on the National Autism Training Programme.
- Presenter on Channel 4's Food Unwrapped; co-presenter of How to Lose Weight Well with Dr Javid Abdelmoneim.
- Runs a private practice supporting ADHD and AuDHD women with nutrition, eating habits, and sustainable health behaviour change.
- Media contributor across BBC, ITV's This Morning, Steph's Packed Lunch, and BBC Radio Leeds on women's health, nutrition, and

AVAILABLE FOR

- Awards Hosting
- Coaching
- Consultancy
- Moderating and Emcee
- Speaking
- TV and Media

HELEN'S SPEAKING THEMES

- Diversity, Equity & Inclusion
- Employee Wellbeing
- Health & Wellbeing
- Inclusive Leadership
- Mental Health in the Workplace
- Neurodiversity

LANGUAGES: English

neurodiversity.

Biography

Most corporate wellbeing content still assumes a neurotypical employee. For the quarter of any workforce that is neurodivergent, and especially for the women diagnosed in their thirties and forties after years of being told they were simply disorganised, the standard advice lands badly. That gap is where Dr Helen Lawal's work sits.

She came to it through clinical practice. Fifteen years as an NHS GP, MRCGP-qualified, with a medical degree from Hull York Medical School and a first degree in sport and exercise science from Leeds, gave her the grounding. A postgraduate qualification in nutrition and a specialism in ADHD turned it into a defined practice area. She now runs a private service for ADHD and AuDHD women focused on eating, energy, and sustainable behaviour change, the areas where standard GP time runs out.

The public-facing side has been built in parallel. She presents Channel 4's Food Unwrapped and co-presents How to Lose Weight Well, work that has trained her to explain food science and weight management to a mainstream audience without losing the evidence base. She is a Celebrity Ambassador for ADHD UK and a trainer on the National Autism Training Programme, which keeps the neurodiversity content anchored in advocacy and training, not marketing.

For an organisation, the value is a speaker who can talk credibly to HR, DEI, and wellbeing leads about what actually helps neurodivergent employees, particularly women, and who can do it in a register that works for an all-staff audience as well as a clinical one.

Key speaking topics

- ADHD and AuDHD in women
- Neurodiversity in the workplace
- Nutrition and eating behaviour
- Women's health and hormones
- Sustainable weight management
- Neuroaffirming health and wellbeing
- Health communication and behaviour change

Ideal for

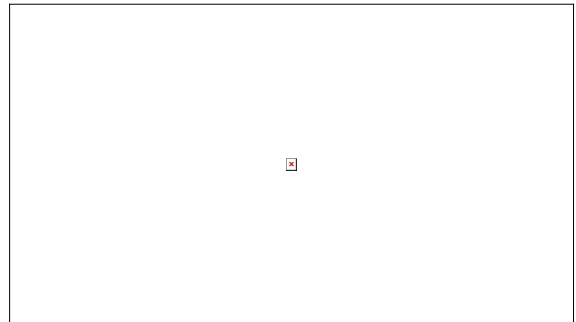
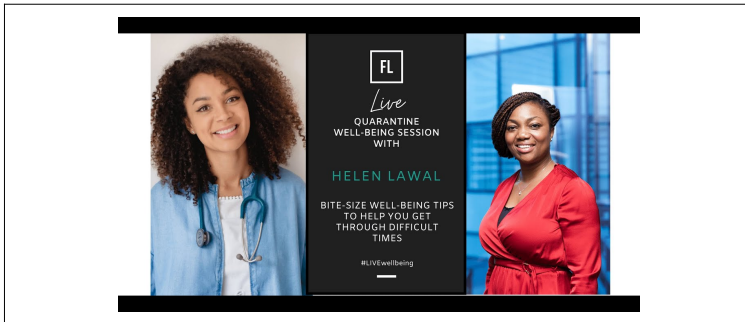
- HR, DEI, and wellbeing leads designing neuro-inclusive programmes
- Employee networks and ERGs focused on women's health, neurodiversity, or both
- Healthcare, pharma, and insurance organisations briefing clinicians and communicators
- Conferences and internal events that need a clinician who can present to a non-clinical audience

Audience outcomes

- A clearer picture of how ADHD and AuDHD present in women, and why late diagnosis is common
- Specific, evidence-based guidance on nutrition and eating behaviour for neurodivergent adults
- Language and framing for neuroaffirming conversations at work

- A realistic view of what sustainable behaviour change looks like, separate from diet-industry claims
- Practical signals managers and HR can use to support neurodivergent colleagues

Helen Lawal's Videos



Helen Lawal's 2026 speaking fees

Specific fees fall within the ranges shown. These are presented as a guide only and are subject to change without notice.

	EUR	GBP	USD
Home Country	Under €12000	Under £10,000	Under \$15000
Asia Pacific	€12000 to €40000	£10,001 - £35,000	\$15000 - \$50000
Europe	€12000 to €40000	£10,001 - £35,000	\$15000 - \$50000
Middle East & Africa	€12000 to €40000	£10,001 - £35,000	\$15000 - \$50000
South America	€12000 to €40000	£10,001 - £35,000	\$15000 - \$50000
United Kingdom	Under €12000	Under £10,000	Under \$15000

US East Coast	€12000 to €40000	£10,001 - £35,000	\$15000 - \$50000
US West Coast	€12000 to €40000	£10,001 - £35,000	\$15000 - \$50000
Virtual	Under €12000	Under £10,000	Under \$15000