



ADAM GRIMM

NEURO COACH

M.A., ACC

I WORK WITH HIGH PERFORMERS WHO ARE **RUNNING ON EMPTY**.

When time off and willpower haven't fixed it, I help them get their nervous system regulated again.

WHO THIS LOOKS LIKE

CAN'T SWITCH OFF. Sleep is wrecked, patience is thin, and vacations stopped working.

SHARP BUT SCATTERED. The schedule fights their brain; focus and follow-through cost more than they used to.

HIGH FUNCTION OUTSIDE, REDLINED INSIDE. Founders, attorneys, academics, healthcare professionals, first responders.

HOW I WORK

Coaching, not therapy. Nervous-system regulation, cognitive performance design, and optional EEG neurofeedback. Measured at intake, re-measured at six weeks.

THE FIT LINE, FOR YOU

GOOD FIT: functioning professionals who are depleted, stuck, or dysregulated and ready to work on it.

NOT MY LANE: active crisis, untreated serious mental illness, or anyone needing diagnosis or treatment. That calls for a licensed clinician, and I say so in the first call.

What happens when you send someone: they book a free 25-minute discovery call. No pitch. If I'm not the right fit, I tell them and point them toward something better.

PSYD STUDENT, CLINICAL PSYCHOLOGY · 21 YEARS U.S. AIR FORCE · FOUNDER, PEGASUS REALM™

SEND THEM HERE

TIDYCAL.COM/ADAMGRIMM/DISCOVERY

or start at adamgrimmcoach.com