



Founder of IneMari Spaces

INE-MARI BREDEKAMP

ADHD Expert | Emotional Intelligence Trainer | Public Speaker

▼▼ My goal is not just to manage ADHD, but to unleash the unique potential that lies within neurodiverse minds. By coupling this with emotional intelligence, we're not just changing lives: we're innovating the very fabric of society. ▲▲

Ine-Mari Bredekamp

About Ine-Mari

Ine Mari is a pioneering expert in ADHD management and emotional intelligence training, with over 20 years of experience in the field. As the founder of IneMari Spaces, she has dedicated her career to empowering individuals, families, and corporations through innovative programs that blend cutting-edge ADHD management techniques with emotional intelligence development.

Areas of Expertise





Notable Achievements


- ✓ Certified ADHD Coach and Trainer
- ✓ Developer of the "Neurodiverse Leadership Paradigm" for corporate environments
- ✓ Advanced Certification in Emotional Intelligence (EQ-i 2.0 / EQ 360)
- ✓ Recipient of the "Neurodiversity Champion" award from the Global ADHD Alliance
- ✓ Creator of the "Emotional Resilience Matrix" for ADHD individuals
- ✓ 500+ hours of pro bono work annually

IneMari Spaces Impact

 **10,000+**
lives changed







 **12+**
corporate clients

 **200+**
educators trained

 **500+**
families supported

Speaking Engagements & Workshops

Ine Mari offers engaging presentations and workshops on topics including:

-  Harnessing ADHD Strengths in the Workplace
-  Emotional Intelligence: The Key to Effective Leadership
-  Parenting Strategies for ADHD Children
-  Creating Inclusive Classrooms for Neurodiverse Students
-  The Future of Work: Embracing Neurodiversity
-  Emotional Resilience in High-Pressure Environments

IneMari Spaces Services



Parents' Haven

Comprehensive support for families navigating ADHD



Corporate Sphere

Workplace programs for leveraging neurodiversity



Educators' Enclave

Training for creating inclusive learning environments



Leadership Apex

Executive coaching for emotionally intelligent leadership



Connect with Ine Mari



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