

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

ADHD Management

Emotional Intelligence Training

Neurodiversity in the Workplace



Parenting Strategies for ADHD Children

Corporate Leadership Development

Educational Support for ADHD Students

Notable Achievements

- Certified ADHD Coach and Trainer
- Advanced Certification in Emotional Intelligence (EQ-i 2.0 / EQ 360)
- Creator of the "Emotional Resilience Matrix" for ADHD individuals

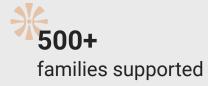
- Developer of the "Neurodiverse Leadership Paradigm" for corporate environments
- Recipient of the "Neurodiversity Champion" award from the Global ADHD Alliance
- 500+ hours of pro bono work annually

IneMari Spaces Impact

10,000+ lives changed



200+
educators trained



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

- Email: info@inemarispace.com
- LinkedIn: www.linkedin.com/in/ine-mari-bredekamp-898a9410b/
- **Facebook:**www.facebook.com/InesSkinSpace?locale=nl_NL
- Instagram:
 www.instagram.com/ine_space/
- Website:
 www.inemarispace.com





