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Samantha Hiew

Neurodiversity



Dr. Samantha Hiew is an AuDHDer, scientist, storyteller, and the founder of ADHD Girls. Diagnosed with ADHD at 40, she created the community she once needed—one that amplifies the voices and experiences of neurodivergent women and global communities.

With a PhD in cancer research and a background in communications, Samantha became a leading advocate through her lived experience of late ADHD and autism diagnosis, masking, and burnout. She developed the AuDHD Women: DSM-5 Criteria via a Scientific & Intersectional Lens Advanced Practitioner Programme, bringing scientific rigour and intersectional insight to neurodiversity education.

Samantha has spoken to over 100,000 people, trained more than 100 FTSE companies, and led landmark events such as ADHD & Autism in Women: Missed, Dismissed & Reclaiming Your Voice and the Neurodivergent Phoenix Convention. Her work has earned recognition from PBS America and the National Diversity Awards and has been featured in major outlets including The Daily Telegraph, Forbes, Psychology Today, and The Guardian.

Her debut book, *Tip of the ADHD Iceberg*, offers a compassionate guide to life after diagnosis. Through all her work, Samantha brings science and storytelling together to humanise neurodiversity and help create cultures where every mind belongs.