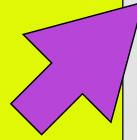
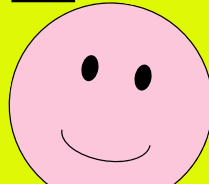


ADHD : FAST LANE BRAIN



NAME : Faru Mbala

ADHD Fast Lane Mind is literally my brain on loud. It's the rush, the jump, the "wait-what was I saying?" and the "oh my God I just remembered something mad." Growing up my head has always been like... music, memories, ideas, feelings – all happening at once. People think ADHD is just being "hyper" or "distracted," but it's way deeper. It's heart stuff. It's panic stuff. It's funny stuff. It's the unspoken bits we don't say out loud because we think we're "too much." This show is me saying: **we're not too much – we're just wired different.**

I want listeners to feel seen. Like, "Oh wow, someone else does that thing where you forget your keys while holding them." Or "Someone else cries because their brain is too fast today." Or "Someone else gets random genius ideas at 3am and then forgets them by breakfast."

I'll talk to people who live in the fast lane too – athletes, creators, business bosses, entertainers – people who are smashing life while managing the chaos. We'll laugh. We'll overshare. We'll go off-topic. We'll come back. It's storytelling, but ADHD-style: messy, real, warm, and kinda beautiful.

ADHD Fast Lane Mind is my world. My pace. My people. My story. And if your brain runs like mine, you're already family.



Idea by Faru Mbala,
Cork, Ireland

Thank You

Idea for the on-air coach radio star contest 2026