

## HOW TO MANAGE THE REALITY

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2020 sure was a crazy year! As we enter into 2021, we are discovering the long term effects that year has had on wellbeing. Whilst there are many wellbeing interventions available, most are designed for the Neurotypical brain. Research has shown that the Neurodivergent brain reacts differently to stress AND to interventions. But what works for those that live outside the box? This session provides an insight into how and why some people need to care for themselves in a way that looks different to others. We will explore what to avoid as well as interventions to use to reach the common goal of better health and wellbeing.

## SESSION OUTLINE

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- Understanding the Neurodivergent Brain's Reaction to Stress
- Why Neuro-Typical Interventions May Not Work
- Working with Your Brain
- Communicating in Your Needs to Others
- Realistic Interventions to Boost Wellbeing
- Useful websites and resources

## SESSION INCLUDES

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- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions

## GWEN JONES (SPEAKER)

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Gwen studied Psychology at the University of Utah with a focus on child and adolescent development. She then trained to become a teacher in Special Education, working with children with severe behaviour disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK at the primary and secondary levels. Most recently, she has trained as a psychotherapist, family therapist and parent coach and now works with both children and parents in that capacity. A mother of 4, she is very active in her children's schools serving as a volunteer, Rainbow leader and chair of the PTFA. Political activism has always played a strong role in her life. She and her family have been active in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.