

Neuro-divergence Matters

Neuro-divergent Adults in the Workplace

The typical Neuro-Divergent(ND) adult may have been well supported at school. However, when entering the workplace, many ND people believe they need to act Neuro-Typical without support. Fortunately, this is no longer the case. In this session we will explore how to move into self-advocacy in the workplace, in a way that benefits employee and employer. We will talk about how to thrive in a world designed for someone else's brain whilst maintaining your personal identity. We will also dive into the skill of being on a team that embraces all perspectives. Finally, we will talk about accommodations that will make your productivity soar.

Session Outline

- Getting Past Keeping the Secret
- Establishing Supportive Working Relationships
- Working with, for and managing Neuro-typical People
- Identifying Strengths and Needs
- Appropriate Accommodations that REALLY Work
- Useful websites and resources

Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Open forum to ask questions



Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen studied Psychology at the University of Utah and 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. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.