

# Hidden Disabilities Matter

## Hidden in plain sight

Living with a hidden or invisible disability is a complicated struggle. You have primary difficulties that come along with the diagnosis to cope with. You also have the secondary struggles that come with a lack of understanding from those around you who simply don't have the knowledge to accept, help and support. This session will shine a light on hidden disabilities to offer help and support to those who need to be accommodated as well as those who want to offer help and support. Through a greater understanding of the strengths and difficulties that come with hidden disabilities, participants will leave feeling empowered to advocate for themselves and for others.

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## Session Outline

- Defining Hidden Disabilities
- Understanding the Ebb and Flow of Certain Conditions
- How to Talk Respectfully About Others' Strengths and Needs
- Being Aware of Ableism
- Acting as an Ally to Yourself and Others
- Useful websites and resources

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## 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 has worked with Educating Matters for 7 years speaking about Diversity & Inclusion and Wellbeing. She 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.