

Neuro-divergence Wellbeing Matters

How to manage the reality

We are all discovering the long term effects the pandemic has had on wellbeing. Whilst there are many wellbeing interventions available, most are designed for the Neurotypical brain. Research has shown that the Neuro-divergent 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

- Understanding the Neuro-divergent 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
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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.