

Dyspraxia Matters: Adults

Knowing Yourself

Dyspraxia is often diagnosed in childhood. It involves gross and fine motor skills as well as executive functioning. It is important to remember that Dyspraxic adults continue this lived experience long after formal education ends. In this session, we will look at how Dyspraxia shows up for adults. We will talk about how living in a neurotypical world can be difficult. We will discuss reasonable accommodations in the workplace that benefit both the colleague and the employer as these adjustments allow the individual to show up as their best self with a level playing field. We will take a neurodivergent affirmative approach to show the value that is gained through representation of neurodivergent individuals in the workplace.

Session Outline

- Understanding Diagnostic Criteria
- What to Look Out For
- Practical Interventions
- The Diagnostic Journey
- Being Neurodivergent Affirmative
- Neurodivergent Superpowers!!
- 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 has worked with Educating Matters for 8 years speaking about DEI 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 behavioural 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.