

Being Empowered with a Disability Matters

A unique experience

When many people hear the word disability, a bias comes in. This rhetoric becomes internalised by many. Covert or overt ableism can colour the opinions about and experiences of many disabled people. This shows up in many different ways which culminate in seeing the disability rather than the whole person. In this session, we are going to flip the switch on this mindset. We are going to empower disabled people. We will discuss the primary and secondary strengths that come from living a life as a disabled person. We will talk about accommodations that allow access to make the workplace fair and equitable. We will smash this idea that the life of the disabled person needs pity and instead empower people to have confidence and strength to show up as a whole person

Session Outline

- Seeing the whole person
- Avoiding ableist pitfalls
- Legal aspects of disability and work
- Business conversations about disability
- Creating a disability-affirmative workplace
- Building confidence as a disabled person

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.