

Inclusion for Neurodiverse Women Matters

It's time women's needs are better represented.

Neurodivergent women and those assigned female at birth often experience different symptoms, social challenges, and biases compared to men. Traits manifest differently for both biological and societal reasons. Since most of the early research was done on boys and men, they are often misdiagnosed or diagnosed late due to this gender gap. This session shines a light on this disparity and encourages a more equitable support system for neurodivergent women. We will talk about the unique strengths and challenges neurodivergent women bring to the workplace, relationships and their communities. We will also talk about the practical steps we can take as a society to create a world where neurodivergent women are allowed to thrive.

Session Outline

- Women's diversity in neurodiversity
- The unique experience of ND women
- Masking and unmasking as part of growth
- Lifespan changes and how they affect ND women
- Unique support to help ND women thrive

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 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.