

Understanding Neurodiversity Matters

A normal difference

Neurodivergence (ND) is a term new to many. Hearing words like "Autism" or "ADHD" or "Dyslexia" bring to mind stereotypes that are rarely helpful. However, many don't know the right questions to ask to have a better understanding of 15% of the population. In this session, we will talk about and normalise the experience of being neurodivergent in this world. We will look at what life may look like at home, work, school and society by sharing real-life experiences. Whether you are neurodivergent, know someone who is, parenting a neurodivergent child or are simply curious, you will leave with the ability to understand, discuss and support neurodivergence in an easy and equitable way.

Session Outline

- Demystifying neurodiversity: What does it really mean?
- Making the world accessible for the neurodivergent
- Talking terminology: Know what to say
- Inclusive language around ND
- Supportive interventions the easy way
- Real-life experiences

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.