

# Neurodiversity and the Parent Experience Matters

## A Different Way to Parent

Parents of neurodivergent children are asked to show up in ways others cannot imagine. The rules and expectations for parenting change on a regular basis. They need to show up for their children and for their job. They can often feel misunderstood and even judged by those who simply do not have the right information. This session is designed to bridge the gap between experience, understanding and action. We will take a deep dive into the experiences of these parents. We will look at how colleagues and line managers can offer support. We will talk about the realities of work/life balance. Finally, we will provide time and space to see the value of creating an inclusive workplace that helps these parents thrive.

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## Session Outline

- What are parents actually experiencing
- What parents of ND children wish work knew
- The power of disclosure and manager support
- The education journey for a ND child
- Why you want these parents on your team
- Practical support that makes a difference
- Question and Answer opportunity

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## Session Includes

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Stories from within your organisation
- 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.