

Neurodiversity in Children Matters

Understanding Neurodiversity in Children	<p>Neurodiversity is one of the most misunderstood aspects of the human experience. It is often first recognised in childhood. In a school system designed for the neurotypical, those whose brains work differently are often thought of from the perspective of what they can't do. However, given the right support, these children will often grow into out-of-the-box thinkers that move our world forward. In this session, we will talk about what it means to be neurodivergent.</p>
Managing Behaviour	<p>Discovering that your child has special needs can sometimes make a parent feel scared and helpless. When a child has special needs, parents are often at a loss when it comes to behaviour management. Children may need special assistance to deal with the world around them but also need to have structure and rules to feel safe and secure. In this session, we will discuss how and when to intervene when a special needs child is having a difficult time.</p>
Autism	<p>Autism diagnoses in children are on the rise with 1 in 100 children in the UK being diagnosed. This brass-tacks session will give you the truth about how to redefine positive parenting, manage the highs and lows and really learn to love the quirky world of Autistic children.</p>
ADHD	<p>Being a parent of an ADHD child can be like a roller coaster sometimes. This particular brand of neurodivergence by its nature is unpredictable at times. However, with the right strategies and levels of understanding, parents will share a bond with fiercely loyal and wonderfully fantastic children.</p>
Dyslexia	<p>As a parent, it can feel very frustrating when you see that your child is struggling with academics or extracurricular activities. This session will take a look at Dyslexia and how it manifests in our children. It will look at the whole child to help identify strengths, areas of support and ways to help.</p>
Dyspraxia	<p>Dyspraxia is the 2nd most common neurodivergence diagnosis. It involves fine and gross motor skills as well as executive functioning. This session will show the many ways dyspraxia shows up and how to support children to achieve success their way.</p>
Giftedness	<p>Giftedness comes with the complexity and intensity that often challenge conventional systems (family, school, work). We delve into the heightened need for intellectual stimulation, challenges such as impatience and perfectionism, emotional and creative outlets, and the quest for innovation and meaning.</p>
Neurodiversity and the parent experience	<p>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.</p>
Siblings of Neurodiverse Children	<p>Siblings of neurodivergent people have very unique life experiences. They grow up with a broader understanding of the vast tapestry of human experience. However, as some of their siblings need extra time and attention to help them navigate the world, parents often worry that their neurotypical siblings get less time to have their needs met. In this session, we will discuss what it means to be the 'typical' one in the dynamic.</p>

Neurodiversity in Adults Matters

Demystifying Neurodiversity	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 build an understanding of how neurodivergence can show up for many and provide a space to ask the right questions.
Exploring Neurodiversity	Do you wonder if you might be neurodiverse? This session will look at the right questions to ask as you begin to explore what neurodiversity means to you.
Neurodiverse Wellbeing	We are all discovering the long-term effects life's stressors have had on wellbeing. Whilst there are many wellbeing interventions available, most are designed for the Neurotypical brain. Research has shown that the Neuro-divergent brain reacts differently to stress AND to interventions. This session provides insight into how and why some people need to care for themselves in a way that looks different to others.
Discovering Neurodiversity as an Adult	As information and understanding around neurodivergence become more mainstream, many adults are discovering a part of themselves that before now was unknown to them. This can often create a crisis of understanding one's own identity. In this session, we will talk about what it means to open up your world to a better awareness of life experience and better embrace this part of adult identity.
Managing and Supporting Neurodiverse Colleagues	Neurodivergent colleagues are in a protected category and have a right to support and reasonable accommodations. However, many line managers do not have enough information to know how to do this. This session is designed to empower managers to know what questions to ask and what support to give to help these colleagues thrive.
Autism	We often hear about Autism from the perspective of a child in the educational system. However, these children grow up to become autistic adults who want and need to navigate the world. In addition to this, many people are being diagnosed as adults and learning a new part of their identity whilst trying to manage life in a world that isn't designed for them. In this session, we will talk about the experience of Autism from an adult perspective.
ADHD	More and more adults are getting diagnosed with ADHD and learning something new about themselves. Likewise, many who were diagnosed in childhood are needing support to understand how the ADHD mind changes and develops in adulthood. This session will look at ADHD from the perspective of the lived adult experience.
Dyslexia	When many hear the term "Dyslexia", it brings up the picture of a child struggling to read in school.. But, what happens when these children become adults? This session will dive into the topic of how dyslexia manifests in adulthood.

Dyspraxia	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 in adults.
Giftedness	Giftedness comes with the complexity and intensity that often challenge conventional systems (family, school, work). This session focuses on the unique well-being needs of gifted individuals. We delve into the heightened need for intellectual stimulation, challenges such as impatience and perfectionism, emotional and creative outlets, and the quest for innovation and meaning.



Speaker Bio **Gwen**

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. 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 Voter Registration.

