



# TRAINING COURSES

Our courses are designed for education providers, businesses, parents, carers, and neurodivergent individuals. They focus on building understanding of neurodiversity and providing practical tools to create inclusive environments where everyone can thrive.

You can choose between interactive online sessions (via Zoom or Eventbrite) or in-person delivery, adapted for classrooms or business settings. Sessions work best with groups of up to 25 participants to encourage discussion and personalised learning. For larger groups, we'll be happy to discuss tailored options and pricing

## Neurodiversity, Demystified: How to Support Different Brains

If your team wants to support neurodivergent people but feels unsure what they're seeing, this session makes it clear. It gives a shared language, practical understanding, and simple tools that work across workplace, education, and community settings.

**Format:** Face to face half day 3.5 hrs (teaching, break and Q&A)

**Audience:** Workplaces, educators, professional teams, community organisations.

### What we cover

- Core neurodivergent profiles and how they present day to
- Communication differences and how misunderstandings happen
- Sensory needs, emotional regulation, overload, shutdown, burnout
- Masking and why it matters
- Strategies that reduce friction and increase confidence

### Included

- Workbook
- Action plan template
- CPD Digital Badge

## Investment

£850 for up to 25 staff, plus travel. Bespoke quote for larger groups.