Introduction to Neurodiversity

An introduction to the emerging world of neurodiversity, with consideration of definitions, common language, presentation of neurodiverse behaviours and where to find more information.

Around 2 hours • Face-to-face or virtual • Typically 4-15 participants • Supported by course notes • Interactive

Key course elements

Definitions
- Understanding some of the agreed terms for different identifications

Language
- How the use of language can impact your understanding of neurodiversity

Common identifications
- Exploring some of the most commonly heard identifications

Presentation of behaviours
- A consideration of how different identifications present in the workplace

Where to find more support and information
- As this is an introductory course, participants will be guided to experts in the field to explore at their leisure

Participants will learn to…

- Gain confidence when speaking about neurodiversity
- Use language to discuss neurodiversity with colleagues
- Self-develop knowledge as the field continues to emerge
- Create their own toolkit of considerations when interacting with colleagues who are neurodivergent
- Understand why different people might behave in specific ways
- Consider how to adapt their own style to accommodate these behaviours over time

BiteSize Learning

info@bitesizelearning.co.uk