

UNDERSTANDING YOUR OWN NEURODIVERGENCE

E-learning & Coaching for Neurodivergent Employees

Understand your strengths | Work with your neurotype | Thrive @ work.

E-Learning (Self-paced)

A flexible 6-module course helping you better understand your neurodivergence and how it impacts your work and wellbeing.

You'll explore:

Your unique neurodivergent experience

Managing overwhelm and emotions

Authentic self-expression (masking & identity)

Productivity and task initiation

Helpful tools and assistive technology

Building confidence and positive self-beliefs

Coaching Programme (6 Weeks)

A guided group coaching experience in a safe, supportive space with other neurodivergent professionals.

Through the 6 sessions you will develop understanding and strategies:

- Managing overwhelm and emotions

- Communicating and Advocating for your needs

- Productivity and task initiation

- Helpful tools and assistive technology

- Building confidence and positive self-beliefs

What Participants Say

"A safe, welcoming space to explore and understand neurodiversity."

"The tools have made a real difference to my daily work."

"Life-changing."



Course:

Leeds Health and Care Learning Portal: NeuroCreators



If you have any questions please email lhca@nhs.net
or further details can be found on the [Thrive at Work webpage](#)