



BITE-SIZE LEARNING

WORKING WITH NEURODIVERSITY

Bite-sized training sessions: manageable portions of expertise, designed to fit in a lunch hour.

We look forward to joining you for this bite-size learning



What is bite-size learning?

If times are hard, the training budget is one of the first things to feel the squeeze. Yet research shows that those organisations who choose to continue with their learning and development plans out-perform those who do not. Bite-size learning is a great way to keep on top of training efficiently and cost-effectively.

Designed by Dr Lesley Aitchison and Cerulean's team of learning & development specialists, our bite-size learning has a proven record with many organisations including top universities, charities, trusts, corporations, and councils.

Working with Neurodiversity

This 90-minute session is designed to help you create a more inclusive and supportive workplace for all thinking styles. Delivered by our specialists, this session explores how organisations can embrace different cognitive approaches to enhance collaboration, innovation, and wellbeing.

This session is ideal for managers, team leaders, HR professionals, and colleagues who want to foster a more neuroinclusive workplace. It's also beneficial for anyone looking to increase their awareness of neurodiversity and implement positive changes in their teams.

What do we cover?

- **Understanding Neurodiversity:** Explore what neurodiversity means and the range of cognitive differences, including autism, ADHD, dyslexia, and dyspraxia.
- **Strengths and Challenges:** Recognise the unique strengths neurodivergent individuals bring to the workplace and how to address potential barriers.
- **Inclusive Communication:** Learn strategies to support clear and effective communication across different thinking styles.
- **Workplace Adjustments:** Discover practical ways to create an inclusive work environment that enables neurodivergent colleagues to thrive.

How is it delivered?

We offer flexible delivery options to suit your needs:

- **Online:** Engage in interactive virtual sessions from any location.
- **In-Person:** Participate in face-to-face training at your premises or our designated venues.

We manage everything, including joining instructions, feedback collection, and follow-up resources, ensuring a seamless learning experience.

Why choose our bite-size learning?

This concise 90-minute session delivers practical insights without requiring a significant time commitment. By focusing on real-world applications, we provide tools you can use immediately to create a more neuroinclusive workplace.

To find out more about our EDI&B bite-size learning sessions, click [here](#).