Neurodiversity at Work

Authentic Insights for Organisational Excellence

An Immersive Training Experience

Authentic Expertise Through Lived Experience

Our training provides a rare combination of firsthand neurodivergent experience with practical workplace solutions. Unlike conventional approaches that rely on theoretical frameworks, our programme is co-designed with neurodivergent experience, psychotherapy, executive coaching and subject matter expertise which bring authentic perspectives on autism, ADHD, dyslexia, dyspraxia, dyscalculia, and C/PTSD. This collaborative approach ensures participants gain insights that transcend stereotypes and address the full spectrum of neurodivergent experiences.

Bridging Clinical Understanding and Workplace Application

This programme creates a unique bridge between evidence-based clinical understanding and practical workplace implementation. By bringing together a wide range of perspectives, we deliver training that transforms theoretical knowledge into actionable strategies for immediate organisational impact.

Sustainable Transformation Through Co-Design

Our approach goes beyond awareness to create lasting organisational change. The programme helps organisations establish systems that genuinely value diverse cognitive styles rather than merely accommodating them. The result is a workplace culture that attracts and retains exceptional neurodivergent talent while enhancing overall team performance.

Organisational Benefits

- **Reduced Disability-Related Costs:** Decrease absenteeism and presenteeism through improved support systems
- **Enhanced Innovation:** Unlock the creative potential of diverse thinking styles
- **Improved Team Dynamics:** Foster better communication and collaboration across cognitive differences
- **Talent Attraction and Retention:** Develop a reputation as a genuinely inclusive employer
- **Competitive Advantage:** Harness unique perspectives for enhanced problem-solving in complex markets

Programme Designed and Delivered by

DANNIE-LU CARR

Dannie-Lu Carr is an ILM L7 qualified Executive Coach and Senior Training Consultant with over 18 years of experience uniting strategic vision with practical coaching to deliver transformative results. Her unique background in executive leadership development and performing arts creates brave spaces where leaders discover genuine impact. With a warm, no-nonsense approach, she delivers immediate impact through personalised coaching and dynamic workshops.

Dannie-Lu specialises in executive coaching for lasting behavioural change, advanced leadership development, executive presence, trust-based collaboration, and high-performance culture building. Her approach is informed by professional expertise and lived experience with neurodiversity and mixed heritage, creating environments where diverse thinking styles become professional assets.

Beyond coaching, Dannie-Lu is an accomplished singer-songwriter and writer with extensive theatre experience, co-hosts the It's a Bit More Complicated Than That podcast, and delivered a TEDx talk in 2015 on The Inconvenient Truth for Culture.

REBECCA HOWARD

Rebecca Howard FRSA is a multi-award-winning entrepreneur, psychotherapist, psychotherapeutic executive coach and experienced trainer and facilitator with extensive experience working in leadership development, resilience, authenticity, confidence, performance, story and narrative, organisational culture and self-compassion.

Rebecca has over 17 years of experience in designing bespoke psychological organisational and individual development programmes to change and eradicate limiting beliefs that hold back progress, helping leaders gain profound insight and awareness as to their own barriers, limitations and responsibility within the system.

As a psychotherapeutic coach and behavioural strategist, Rebecca actively coaches CEOs, boards, exec level directors and aspiring talent across to help them think differently and become more authentic and resilient so they can perform better. She has also developed a rapid solution-focused method of psychotherapeutic coaching which involves two 3 hour sessions and which sees participants record a boost in their performance and resilience of over 30% after only two sessions.

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