



# YOUTH INSPIRED

We see you. We hear you.  
**We've got you.**

## UNDERSTANDING NEURODIVERSITY: AN INTRODUCTION

Tuesday 12<sup>th</sup> November & 19<sup>th</sup> November online 6pm-7:30pm

We have all become more aware of mental/emotional health and increasingly neurodivergent conditions and how they show up behaviourally. But what exactly is neurodiversity? And what do we do when we, or our young person gets a diagnosis? Or demonstrates traits and hasn't had a diagnosis?

From 1998 to 2018 there [was a 787% rise in Autism diagnosis in the UK](#). In this training we'll briefly introduce Autism and ADHD, learning more about the many conditions that exist under the Neurodiversity umbrella and how they can and do impact certain functionalities of the brain.

**In this short two hour training session we will:**

- **Dispel some of the myths surrounding neurodiversity**
- **Gain an understanding of neurodiversity with a focus on ADHD and Autism**
- **Learn how it impacts functionalities of the brain and how this can show up behaviourally**
- **Understand the links with emotions**
- **Explore the strengths of neurodivergent thinkers.**

As always, YI training is engaging and informative – we look forward to seeing you there.

**Places are limited to 12 participants per workshop so booking is essential.**

**Contact:**

**[louise@youthinspired.org](mailto:louise@youthinspired.org) for booking details.**