

# NAVIGATING THE NEUROVERSE: Autism & ADHD

with *Tanya Bright*

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# COURSE OVERVIEW

## What does the term Neurodivergence and Neurodiversity mean?

Neurodivergence is the term for when an individual's brain processes, learns, and/or behaves differently from what is considered as "typical". Examples of Neurodivergences include Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD), dyslexia, dyspraxia, Obsessive Compulsive Disorder (OCD), sensory processing disorders, social anxiety, Tourette's syndrome.

Neurodiversity was a term coined in the 1990s by journalist Harvey Blume and an Autism advocate and sociologist diagnosed with what was previously known as Asperger Syndrome, Judy Singer. It refers to a natural variation in the 'kinds' of brains in terms of development and that what is natural is beneficial. The Neurodiversity movement encourages inclusion and respect for everyone and encourages neurodiverse individuals to be seen for their strengths.

## Who is this course for?

This course is for parents with Neurodivergent children (suspected or diagnosed), adults who suspect they are Neurodivergent, adults diagnosed with a Neurodivergence or teachers/family/friends/carers who want to better understand the mind of a Neurodivergent person.

## Why should you do this course?

The current wait time for a diagnosis is from 18 months with the Government and around 6 months through private medical. Even after receiving the diagnosis the resources for support may not be readily available and can lead to you feeling lost and unsure of the right steps to take. This course enables you to take positive action and gain support today.

## **This course will help you to;**

- Understand Neurodivergence
- Understand your own needs
- Understand the needs of your children, student(s), family member or friend
- Support you whilst you are waiting for a diagnosis
- Support you if you have received a diagnosis and are confused with what next step to take
- Learn tools to implement immediately to support your needs, the needs of your loved one and/or your student(s)
- And overall help you to uncover strengths whilst supporting challenges

I am a Neurodiversity advocate and take a strength-based approach to all neuro types to help individuals not just survive in this world but thrive. I will help you on this journey of understanding and acceptance. I will support you in uncovering the strengths and advantages of being Neurodivergent whilst recognising the challenges but not giving into the view that being Neurodivergent is an illness or a dysfunction that needs to be 'fixed'.

## **Course Structure**

- 6 modules which you have access to for 6 months - The aim is to complete 1 module per month but you are welcome to complete it quicker if you wish
- The modules are made up of videos as well as downloads to make notes and keep forever
- You also have 1 live 60 minute session with me per month to discuss the module and if you have any questions so that I can help you for your own situation
- You have access to a private Facebook group just for course delegates to support and connect with each other as well as past delegates and future delegates
- Access to a private WhatsApp group
- And support from me for the entire 6 months via email

## **When can I start this course?**

You can begin the course anytime. It is a self study course with 1 x 60 minute live session per month.

## What does this course cover?

- A deep dive into Neurodivergences specifically Autism and ADHD
- The crossover relationship with Autism, ADHD, anxiety & other symptoms
- Steps to take if you as an adult or your child are struggling in work, school and other areas of daily life
- Autistic and ADHD traits - the stereotypes, obvious and less obvious traits
- Tools to help to manage the challenges that come with being neurodivergent

## Course outcome

This course will give you a deeper understanding of;

- Autism and ADHD to better understand how the brain works.
- The close connection between Autism, ADHD and symptoms including anxiety which has led and can lead to misdiagnosis.
- If you suspect that you, your child or someone you care for struggles due to Neurodivergence to gain some answers to implement strategies to help.
- Traits of Autism and ADHD to be able to self-advocate or advocate for your child
- Tools to manage; burnout, emotional processing (including meltdown & overload), sensory processing, stimming, masking, communication challenges, relationship challenges, executive functioning, special interests, proprioception (the awareness of our body during movement, force and position) and interoception (awareness and understanding of what's going on inside the body such as hunger, thirst, tiredness, emotions, pain).
- This course also provides you with professional and peer support, a safe, caring, non-judgemental space and guidance.

## What makes this course unique

- It is bespoke to you & those you care for. Once you sign up for the course I find out your situation to support you specifically.
- The course includes the latest EVIDENCE-BASED information about autism, ADHD & co-occurring conditions
- THE COURSE IS SET UP TO LEARN AND TO COMPLETE so it isn't just another course you sign up for but don't complete
- You get my support whilst you carry out the course
- You will learn information about autism, ADHD & co-occurring conditions. Most courses are one or the other & fail to explain the very close relationship between the 2 which is if someone is autistic there is a 50-80% chance of being ADHD as well.



# Register Now With Mental Health & Neurodiversity Expert, Tanya Bright

The total price is £197.

**BOOK NOW**



## VERIFIED CLIENTS



Was great to have the 1st session last night with you. Alyssa really found you amazing to talk to I couldn't believe she was so open to ask you questions already, that was such a surprise as its taken ages previously for her to ask questions.

Really reflective today and last few days since the 1st session and realised that all this time I've been searching for this diagnosis and getting more and more frustrated when actually you made me realise that this is something Alyssa suffers with and no diagnosis will change that apart from confirming what I know so doing this with you is a much more positive step to actually getting the support and help ❤️

I found Navigating the Neuroverse so informative. The course was full of great information that really helped me to understand my daughter a little more and support her with some of the challenges she faces.

09:02

AN

so have I, its been a great great session and feels like a lovely group, thank you so much tanya and everyone. x



J

I have really enjoyed this first session





## TESTIMONIALS CONTINUED;

Hi Tanya

I would just like to thank you so much for the tools you have given me not only for my foster Son but for myself also.

Your expert advice has made me understand my foster son myself and a lot of the other foster children who I have cared for.

It has explained so much and shone a light on the reasons we are as we are.

When you have met one Neurodivergent person you have met One neurodivergent person .

Once again thank you so much for your expert advice and tools to use that already have been invaluable.

This teaching should be taught in schools and doctors before any medication is given out it is life changing

I am sure you will be kept Busy Tanya.

I have to say although I was hesitant about doing this course for fear of what I was was going to learn..it has been the best course I have been on in a long time. I struggle to listen and focus during meetings etc and this has held my attention throughout. I am so grateful for all the information you are sharing. I can't wait for the next f 4 weeks and actually not looking forward to the last session. It feels like such a supportive group and the interactions and stories of others really helps reflect. Sorry rambling on, I just want to say thank you so much for encouraging me to join up.

I attended the 6 week online course exploring neurodiversity. It was extremely informative with supporting current data and evidence.

Tanya is very approachable and taught me many strategies to implement for particular scenarios.

I received great insight into Autism and ADHD, information that will be of benefit to me personally and professionally.

I highly recommend this course. Tanya delivers it in an easy to understand way and always injects enthusiasm and joy in all her tutorials.

I have been recommending the course to so many of my friends, both as parents and teachers. I wish they was money in our school budget to get you in, I have learnt more in 2 sessions than I have from behaviour support! 🥰