

# Module Menu

## **Understanding Neurodivergence: Breaking the Myths**

Explore common misconceptions about neurodivergence and gain a clearer understanding of what autism, ADHD, and other neurological differences really mean.

## **Inside the Neurodivergent Brain**

Learn how neurodivergent individuals process information differently and how this affects communication, behavior, and learning.

## **The Hidden Cost of Masking**

Many neurodivergent individuals spend significant energy masking their natural behaviors to fit social expectations.

## **Words Matter: What to Say and What to Avoid**

Understand how common phrases can unintentionally dismiss neurodivergent experiences and learn respectful ways to respond.

## **Behavior is Communication**

Explore why behaviors often misunderstood as defiance may actually reflect neurological differences.

## **Trauma, Stress, and the Sensory System**

Learn how trauma impacts the nervous system, why sensory environments matter, regulation strategies for stressed children, and practical ways adults can create safety.

## **Everybody Stims**

Understand what stimming actually is, different types of stimming, and the function of stimming.

# Module Menu

## **Executive Functioning**

Discuss executive function and dysfunction and how it impacts neurodivergent individuals.

## **Sensory Overload: What It Feels Like**

Experience how sensory environments can impact neurodivergent individuals.

## **Everyday Accommodations That Make a Big Difference**

Learn simple adjustments that can significantly improve comfort and accessibility for neurodivergent individuals.

## **Teaching Children to Be Inclusive**

Help children understand neurological differences and develop empathy toward others.

Topics include:

## **Cultural Perspectives and Stigma**

Explore barriers that sometimes prevent families in Black and Brown communities from seeking diagnoses or support.

## **Signature Full-Day Training**

For organizations seeking deeper learning, the full-day training provides a comprehensive exploration of neurodivergence including multiple modules, interactive activities, and practical strategies participants can apply immediately.

# Included with Consulting Services

## **Understanding Neurodiversity: Moving Beyond Myths**

A foundational training that helps teams better understand neurodivergent individuals and the environments that support them.

Topics may include:

- Common misconceptions about neurodivergence
- Why behavior is communication
- The impact of sensory environments
- Building empathy and understanding

## **Creating Neuro-Inclusive Environments**

A practical session focused on how environments can better support diverse learners and participants.

Topics may include:

- Sensory-informed environments
- Predictable routines and regulation supports
- Inclusive communication strategies
- Environmental design that supports engagement

## **The P.E.A.C.E. Framework for Inclusive Systems**

An introduction to the P.E.A.C.E. Framework and how organizations can use it to strengthen their environments. Participants will learn how to evaluate systems through five essential areas:

**P**resence

**E**quity

**A**gency

**C**ommunity

**E**mpowerment