

Learn with Us:

Neuro-Affirming Training for Professionals

Join us for our specialist training series
designed for education, health, and
social care professionals

Duration: 2.5 hours
Cost: £80 per person, per session
Location: On Line - Microsoft Teams

Understanding Demand Avoidance in Neurodivergent Children and Young People

Duration: 2.5 hours

Demand avoidance is a common experience for many autistic and ADHD children and young people, often affecting daily activities such as personal care, learning, and school attendance. Without the right support, it can be accompanied by anxiety, shutdown, or dysregulated responses.

This practical and reflective workshop will help you:

- Understand what demand avoidance is and why it occurs
- Gain insight into the emotional impact on the child or young person
- Recognise the signs and behavioural responses
- Explore practical strategies to reduce stress and build trust
- Learn how to create low-demand, flexible environments while meeting essential needs

Ideal for: Professionals working in education, health, and social care who want to deepen their understanding and improve their practice when supporting neurodivergent individuals.

Please click [here](#) to see the
upcoming
training dates

We also
provide
bespoke
programmes,
follow the link
above to find
out more!



Neurodiversity and Burnout: Supporting Recovery and Prevention

Duration: 2.5 hours

Neurodivergent burnout is a growing concern, particularly post-pandemic. It can significantly impact communication, self-care, school attendance, and social participation—and is often misunderstood as behavioural issues or non-compliance.

This in-depth session will equip you to:

- Understand the causes, triggers, and cycle of burnout
- Identify early signs and advanced symptoms
- Develop supportive recovery strategies tailored to the individual's needs
- Explore proactive approaches to prevent burnout and promote long-term wellbeing

Essential for: Professionals committed to supporting neurodivergent children and young people through a trauma-informed, strengths-based approach.

