Human Resources, Personal Development, Wellbeing

Neurodiversity Awareness in the Workplace

Course Details

Price

£235.00

CPD Points

3.50

Length

Half day (09:30-13:00)

Course Overview

Neurodiversity is an increasingly important aspect of workplace inclusion, and many employees are keen to understand how to work confidently and respectfully alongside neurodivergent colleagues.

This half-day practical, evidence-informed course, provides a clear accessible introduction to neurodiversity and how it appears in everyday workplace behaviour.

Delegates will explore the strengths and challenges commonly associated with attention deficit hyperactivity disorder (ADHD), autism, dyslexia, dyspraxia, and other neurodivergent profiles, with a focus on real-world communication, collaboration, and working styles.

Content

Through scenarios, discussion and guided reflection, delegates will learn how to reduce ambiguity, communicate clearly, recognise early signs of overwhelm, and learn how to make simple and effective adjustments that support wellbeing and performance.

The course also examines how workplace norms, systems, and culture can unintentionally create barriers, and how small changes can significantly enhance psychological safety for everyone.

Explore topics such as:

- Understanding what neurodiversity means and why it matters
- Strengths and challenges associated
- How Neurodivergence may appear in everyday workplace behaviour i.e. barriers, masking stress, and early signs of overwhelm
- Clear and supportive communication strategies for all colleagues
- Practical adjustments that improve focus, comfort, and productivity
- Working styles, collaboration, and reducing ambiguity
- Building inclusive team habits and psychologically safe environments

Benefits

This course is suitable for employees at all levels who want to better understand neurodiversity, teams seeking to strengthen communication and collaboration, organisations aiming to build inclusive, supportive working environments and anyone who wants to improve confidence, empathy, and practical skills when working with neurodivergent colleagues.

Delegates will leave with practical strategies, increased confidence, and a deeper understanding of how to contribute to an inclusive, supportive and high-performing workplace.

Next Steps

If you would like to book a place on this course, please click on the **'Book Course'** button to the right of this page and login or register for a user account to complete your booking(s). Any queries please do not hesitate to contact us via **admin@gta.gg** or call us on 01481 244570.

If no date is scheduled for this course at the present time, please click on the **'Register Interest'** button and login or register for a user account so that we can add you to our course interest register. This register allows us to contact our tutors and finalise dates for a course as soon as we have a few people who have expressed their interest, so the more delegates who register their interest, the sooner we can schedule a particular course.

Course Tutor

Mike Elward

Mike Elward BA (Hons) MscEcon PGCE, brings over 20 years of experience in education and management, with a decade in senior leadership roles at the highest level. He has a proven track record of empowering individuals and teams to achieve their full potential. Prior to his career in education, Mike served as an officer in the Royal Navy, where he developed strong leadership skills in demanding environments. He holds an undergraduate degree and a master's in History, Politics, and International Relations, along with a Postgraduate Certificate in Education (PGCE). As an expert in coaching and change management, Mike is passionate about guiding organisations through transformative processes. His commitment to success drives him to help individuals unlock their potential and reach their goals.