



# NeuroTribe UK Inclusion Consultancy

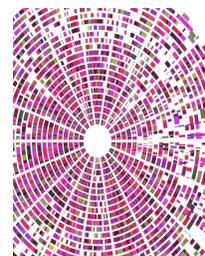
NEURODIVERSITY | CULTURAL DIVERSITY | INCLUSION | EMPOWERMENT

PART OF NEUROTRIBE UK CIC | WWW.NEUROTRIBE.UK

## Inclusion & You: Challenge & Reflect

Programme	Description	Length/ Price
<b>Feel the Shame, Let it Go</b>	Becoming aware of, acknowledging and challenging our beliefs and assumptions around race and ethnicity is a path to growth. But it is a challenging one. There are many points at which we self-sabotage this growth, through no fault of our own because the emotions that are triggered by this growth can be painful. In this first part, we will learn about the Shame Cycle- how shame manifests as other feelings like anger, and how it shows itself in our actions. Then we will decide as a group what constitutes a Safe Space for this session- one in which we are free to feel our emotions, be they positive or negative, without incurring judgement from others.	<b>From £200 (Please enquire)</b>

**NTUK Inclusion Consultancy**  
Part of NeuroTribe UK CIC  
[www.neurotribe.uk](http://www.neurotribe.uk) | [info@neurotribe.uk](mailto:info@neurotribe.uk) | 07754 865 378



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## What is... Diversity & Inclusion

A creative, engaging and experiential exploration of what diversity & inclusion means, why it is important, and how to measure it. Participants will look at the differences between D&I and how they interrelate including Equality's 9 special characteristics, Unconscious Bias and more. Lively debate, discussion & creative activities including exploring how inclusive they feel their organization to be currently, and what they are striving for.

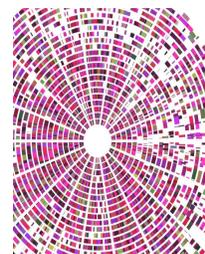
**Full Day**  
**£1000**

## What is... Cultural Competence?

A deep dive session into the meaning of cultural competence and its impact, followed by group activities that explore aspects of cultural competence which relate to the organization's processes. Case studies, global events and creative thinking exercises.

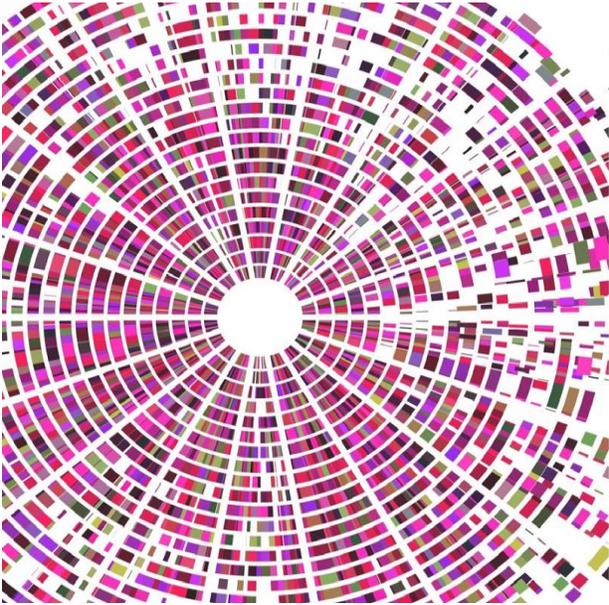
**Half Day**  
**£500**

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## **Thinking Differently (About People Who Think Differently!)**

An in-depth and fascinating look at Autism, ADHD and Dyslexia which dispels myths, explores the importance of the language we use to describe 'learning disabilities' and 'mental disorders', the effects this language can have on our young people, and more helpful alternatives. Also, an in-depth look at the experiences of neurodiverse people and correlating mental health challenges, through creative activities.

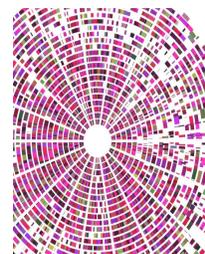
**Full Day  
£1200**

## **\* Employee Wellbeing: Preventing Suicide- An Evidence- Based Approach**

A practical nuts & bolts, in-depth training for employees and managers on evidence-based approaches to suicide severity risk assessment. Equip your staff and management with the ability to spot signs of suicide risk and have conversations that save lives. Plus, an additional method of Safety & Wellness planning, with practical tools and certification.

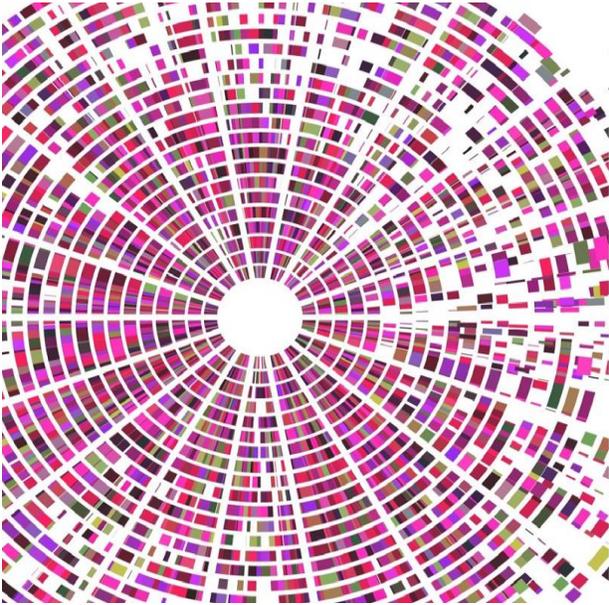
**Half Day/£600**

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## \* **Black Mental Health Matters**

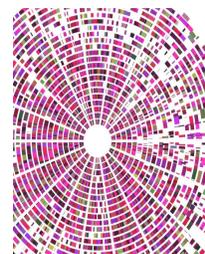
A gentle but in-depth, engaging exploration of recent events in the USA and the impact it has had on the Black British community, examining the history and impact of social inequalities on mental health for both Black employees and their White colleagues. Through creative activities and discussion.

**Half Day/£600**

**Book £1500 worth of training and receive 1 free online training (please see programmes marked \*)**

**A non-refundable deposit of 20% is required at time of booking.**

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