

“User Manual” for “Humans at Work”

The Neuro-Inclusive Meeting Guide



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"Meetings shouldn't be a test of who can talk the fastest. They should be a space where the best ideas regardless of how they are processed can surface."

The "3-Step Success" Worksheet



The 24-Hour Rule

Never hold a meeting without an agenda sent a day in advance.

Why? It allows deep processors to arrive with ideas already formed.



The "Silent Minute"

During the meeting, after asking a big question, set a timer for 60 seconds. No one talks; everyone writes.

Why? This stops "extrovert bias" and lets everyone contribute.

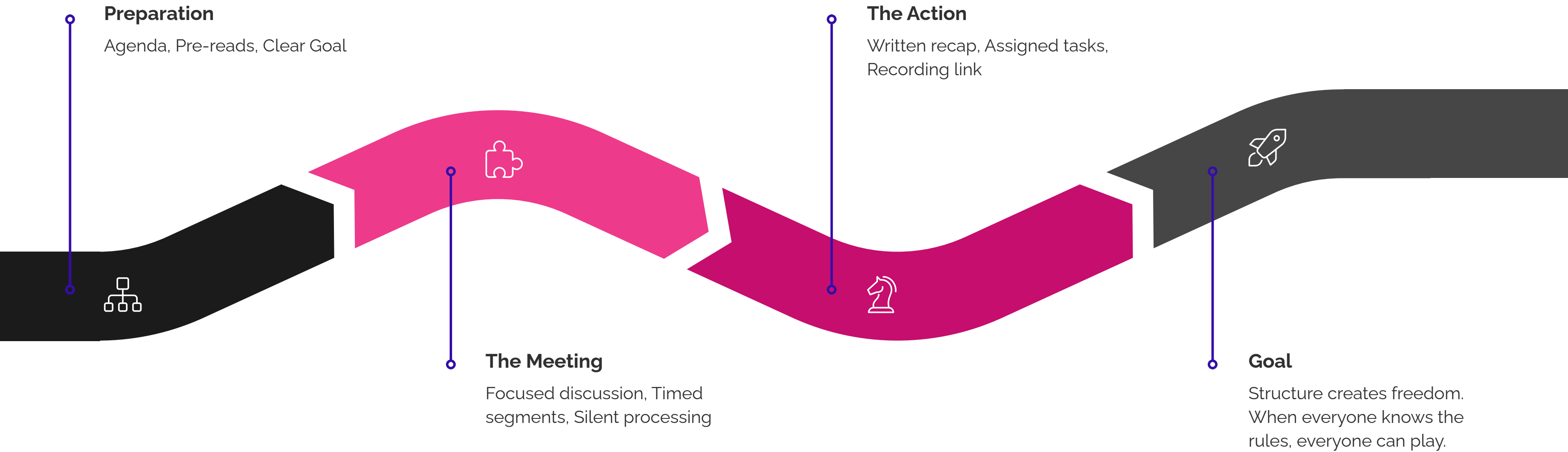


The Multi-Channel Option

Always have a chat box or shared doc open.

Why? Some brains can type their genius while their voice is still catching up.

The Roadmap for Meetings



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