

THE ND
LAWYER
PROJECT



NDLP

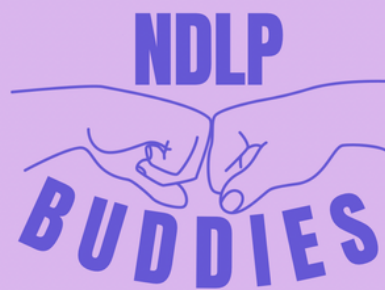


BUDDIES

INFORMATION BOOKLET

@NDLAWYERPROJECT

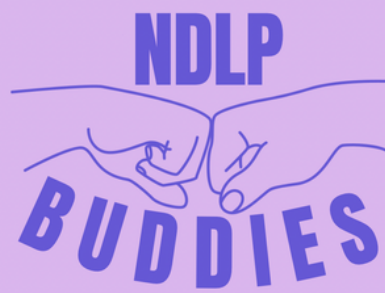
[HTTPS://NDLAWYERPROJECT.ORG.UK](https://ndlawyerproject.org.uk)



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AN INTRODUCTION

Being neurodivergent in modern society can be challenging. Being neurodivergent in the legal profession or an academic setting can be even more difficult. When the project initially began, one of the most asked questions was, “do you know someone in law who shares my neurodivergence?”. Frequently, it wasn’t about obtaining something from them or even advice, but rather having someone to converse with who genuinely understands your experience. The issue is that it is not always simple to find. Consequently, our team developed the NDLP buddies initiative.

SOME EXAMPLES OF WHY YOU SHOULD BE A NDLP BUDDY



New friendships and connections



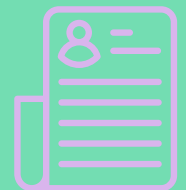
Academic, professional, and/or neurodivergency support from someone that understands



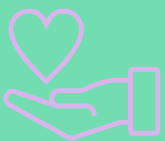
A chance to understand yourself more



Talking out problems can help you work through them



Add it to your CV



Help someone

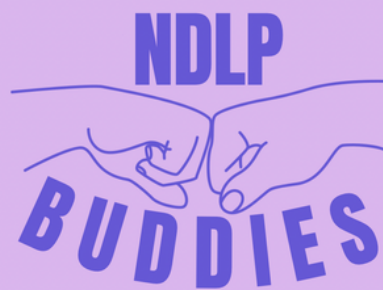


A sense of empowerment and confidence



Tips and advice

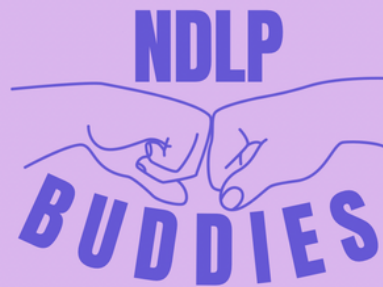




HOW DOES IT WORK?

- ➔ You will be partnered with another neurodivergent individual who is at a comparable level of their study or legal career (if possible).
- ➔ You'll be given contact details for your buddy and given prompts to help kick off your relationship.
- ➔ You may then conduct virtual meetings with your buddy.
- ➔ You can reach them by email or any other method you agree upon.
- ➔ You can discuss anything from law to neurodiversity. If you need help starting, we'll give prompts.
- ➔ You may learn some tips and tricks from your buddy, but the goal is to develop a mutual relationship, not mentorship. You're joining a community.
- ➔ You'll get a new buddy every 6 months (or you can choose to keep your current one). Relationship longevity depends on you.





THE STEPS TO JOINING THE BUDDY SCHEME

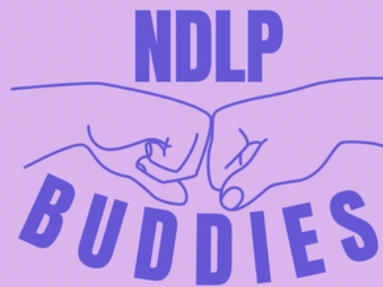
- ➔ **Fill out the application form to the best of your ability. If you have any problems with the application or need any adjustments, please let us know.**
- ➔ **Wait a couple of days for us to acknowledge your application. This email will contain a timeline. If you do not receive a response within 72 hours, please let us know.**
- ➔ **One of our team will review your application and match you with a buddy.**
- ➔ **You'll be sent an email with the contact details of your buddy. Along with some advice, worksheets, and prompts for getting started, alongside some fun ice breaker activities!**
- ➔ **You and your buddy can set up your first meeting. We will send you a template for the discussion to fill out and help give you some structure, or you can just chat!**
- ➔ **Your buddy journey begins! We will be on hand to provide help and advice the whole way.**



HOW DO WE MATCH YOU?

- ➔ We will try our hardest to match you with someone with the same neurodivergence; this may not happen on your first buddy round.
- ➔ We will try to match you with someone either in the same year of undergraduate studies, on the GDL/MA, LPC/SQE prep, or at a similar stage of your career. You may occasionally end up with a buddy at a stage slightly before/in front of you.
- ➔ If you have multiple roles or are in education and legal employment, we will try to match you with someone in a similar position. However, this may not be possible and so we ask you choose which one you would like to prioritise in the matching process.
- ➔ We will also try to take into consideration what you want to get out of the buddy scheme, the stage at which you were diagnosed, and what your future plans are.
- ➔ Try to fill out the application form with as much detail as possible so we can find the best fit for you!

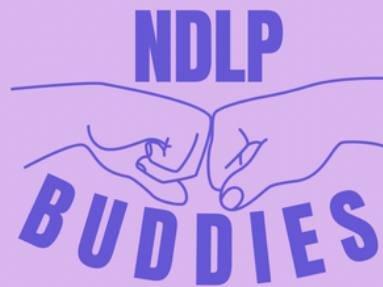




ELIGIBILITY REQUIREMENTS

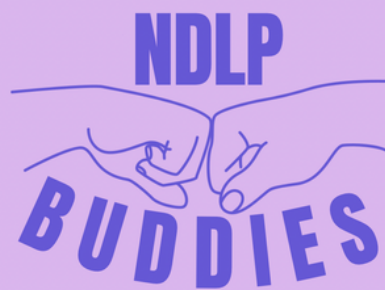
- ➔ You must be 18 years of age or older;
- ➔ In legal education or employment (or similar industries) or about to enter legal study or the profession within six months of enrolling in the initiative;
- ➔ You must be neurodivergent, formally or self-diagnosed - If you believe you are neurodivergent, or are unsure, we will attempt to pair you with someone with your suspected neurodivergence; but, you must conduct adequate study on it prior to joining up to guarantee fairness to our other buddies; and
- ➔ We ask you don't use the scheme as a way to discover if you are neurodivergent (but if you are wanting to investigate a second diagnosis, this is fine).





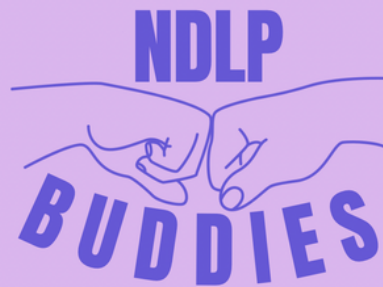
WHAT NOT TO EXPECT FROM THE SCHEME

- ➔ **Counselling** - Remember that your buddy is not a mental health professional, even if you can chat to them about your mental health, they may be unable to help you.
- ➔ **Mentoring** - Remember the buddy system is two-way and both parties should benefit from the communications.
- ➔ **Occasional / Infrequent Communication** - The frequency of communication is up to you and your buddy, but it **MUST** fit both of you.
- ➔ **Fixed Relations** - We realise not everyone will connect or respond. If needed, we can assign you a new buddy (depending upon cohort size). Additionally, if things don't work out with your assigned buddy, we will be happy to re-assign.



RULES

- ➔ **Be polite and respectful**
- ➔ **Listen to others**
- ➔ **Offer support if you can - we will provide a sheet of organisations you can refer if you are unsure**
- ➔ **Be as open as you feel comfortable with**
- ➔ **Be as responsive as possible**
- ➔ **Be considerate and understanding of differences**
- ➔ **Be open to learning**
- ➔ **Raise any concerns as soon as possible so that they can be dealt with accordingly**
- ➔ **The ND Lawyer Project & all other related entities cannot be held responsible for any disputes or damages which may arise between parties participating in the buddies scheme**



SIGN UP & CONTACT INFORMATION

Interested? Please see below for all the information you need to sign up to the buddies scheme! If you have any issues or need adjustments please contact us!



**JOIN VIA THE
LINK IN OUR BIO**

**outreach@ndladyerpoject.
org.uk**

@NDLAWYERPROJECT

