

OUR MISSION

EMPOWERING HEALING, BELONGING & CHANGE

We deliver trauma-informed therapy and coaching, inclusion and awareness training, and youth empowerment programmes to create lasting change for individuals, schools, and communities.

Through our work, we educate the system, heal the harm caused by discrimination and exclusion, and protect the next generation before the harm begins.

Our services are designed to break down barriers and build spaces where deaf, disabled, and neurodivergent people feel seen, valued, and able to thrive.

Because true belonging isn't just about being included – it's about being celebrated for exactly who you are.



The Belonging Dojo CIC exists to create spaces of belonging for deaf, disabled, and neurodivergent people who've been excluded, burnt out, or silenced.

We believe belonging isn't a privilege – it's a human need. Our work empowers people to heal, reclaim their identity, and thrive.

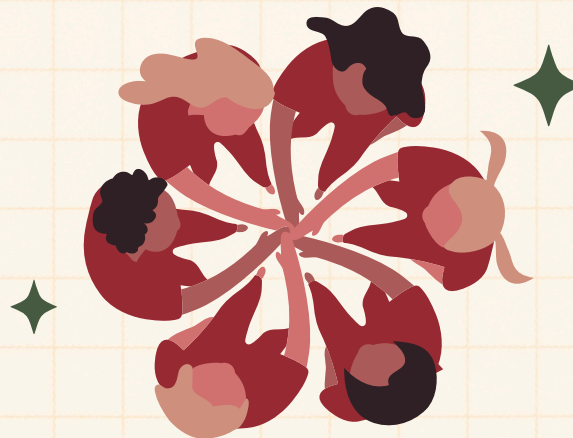
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 **BASED IN SANDWELL – SUPPORTING
WEST MIDLANDS AND BEYOND**



THE BELONGING DOJO CIC

WHY BELONGING MATTERS

A pathway to
healing, growth, and
inclusion



CREATING A WORLD WHERE BELONGING ISN'T A PRIVILEGE

The Belonging Dojo CIC exists to create spaces where deaf, disabled, and neurodivergent people feel seen, valued, and able to thrive.

We believe belonging isn't just about inclusion – it's about being celebrated for exactly who you are.

Hear Me: Inclusion & Awareness Training

Beneath the Gold: Rebuilding After Burnout

How Do You Belong? Youth Empowerment



1

◆ 1. Hear Me: Inclusion & Awareness Training

Bias-breaking deaf awareness, disability inclusion, and anti-bias training for schools and organisations. Rooted in lived experience and storytelling to create real cultural change.

2

♥ 2. Beneath the Gold: Rebuilding After Burnout

Trauma-informed therapy, coaching, and empowerment programmes to heal workplace trauma, burnout, discrimination, and identity loss – and rebuild confidence and identity.

3

✿ 3. How Do You Belong? Youth Empowerment

Workshops and resources for deaf, disabled, and neurodivergent children and young people to build confidence, self-leadership, and a sense of belonging.

✨ Why This Matters

Because belonging isn't a privilege – it's a human need.



ABOUT KERRY

I'm Kerry Tidman – a deaf, neurodivergent, care-experienced therapist, coach, school counsellor, and advocate.

For years, I worked within schools and systems that weren't built for people like me or the students I supported. I know what it feels like to mask your needs, fight to be heard, and burn out trying to belong in places that don't see you.

I created The Belonging Dojo CIC so no one has to walk that journey alone.

This work is about healing.

It's about reclaiming your identity, your power, and your place in the world – exactly as you are.



BECAUSE BELONGING ISN'T JUST INCLUSION – IT'S BEING CELEBRATED FOR EXACTLY WHO YOU ARE.

♥ READY TO CREATE A WORLD WHERE BELONGING ISN'T A PRIVILEGE? CONNECT WITH US TODAY TO BRING THESE PROGRAMMES TO YOUR SCHOOL. TEAM. OR COMMUNITY.

EDUCATE THE SYSTEM

HEAR ME: INCLUSION & AWARENESS TRAINING

Hear Me is our powerful trauma-informed inclusion and awareness programme designed to break down barriers and create real cultural change in schools and organisations.

Rooted in lived experience and storytelling, these workshops build empathy, challenge unconscious bias, and give staff the confidence to create accessible, inclusive environments for deaf, disabled, and neurodivergent people.



Hear Me: Inclusion & Awareness Training

Beneath the Gold: Rebuilding After Burnout

How Do You Belong? Youth Empowerment



1

How It's Delivered

- ✓ Available as 1-hour introductory sessions, half-day workshops, or tailored to suit.
- ✓ Delivered in person or online
- ✓ Tailored content for schools, public sector teams, and organisations

2

What to expect

- ✿ Real lived experience stories
- ✿ Practical inclusion tips and tools
- ✿ Space to reflect on unconscious bias
- ✿ Confidence to implement immediate change

3

Why Choose Hear Me?

- ✿ Developed and delivered by someone with real lived experience
- ✿ Creates powerful mindset shifts and lasting impact
- ✿ Builds true inclusion confidence, not just awareness

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♥ READY TO EMPOWER YOUR TEAM WITH CONFIDENCE AND AWARENESS? CONTACT US TODAY TO BOOK HEAR ME FOR YOUR SCHOOL. ORGANISATION. OR STAFF CPD PROGRAMME.

HEAL THE HARM

BENEATH THE GOLD: REBUILDING AFTER BURNOUT

Beneath the Gold is our trauma-informed therapy and coaching programme designed to support deaf, disabled, and neurodivergent people recovering from trauma, discrimination, and burnout.

Rooted in Kintsugi philosophy, Acceptance & Commitment Therapy, and identity coaching, this programme helps you heal, rebuild confidence, and reclaim your sense of self – just like gold fills the cracks of broken pottery to make it stronger and more beautiful.

Hear Me: Inclusion & Awareness Training



Beneath the Gold: Rebuilding After Burnout

How Do You Belong? Youth Empowerment



1

How It's Delivered

- ✓ Six to eight-session 1:1 therapy and coaching programme
- ✓ Online via secure video or in-person (where available)
- ✓ Includes reflective resources and identity-based activities

2

What to Expect

- ✿ Space to process trauma safely
- ✿ Identity and confidence rebuilding
- ✿ Practical strategies for managing stress and burnout
- ✿ A clear plan to move forward feeling empowered

3

Why Choose Beneath the Gold?

- ✿ Created and delivered by someone who's walked this path
- ✿ Combines therapy, coaching, and Eastern wisdom
- ✿ Helps you find strength in your cracks and return to wholeness

Why This Matters

Because healing isn't about hiding your cracks – it's about filling them with gold.

- ✿ You were never too much – you were just carrying too much.



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JUST INCLUSION – IT'S
BEING CELEBRATED FOR
EXACTLY WHO YOU ARE.**

✿ **READY TO FILL YOUR CRACKS
WITH GOLD AND STAND STRONG IN
WHO YOU ARE?**

**GET IN TOUCH TODAY TO START
YOUR BENEATH THE GOLD
PROGRAMME.**

EMPOWER THE NEXT GENERATION

HOW DO YOU BELONG? YOUTH EMPOWERMENT

How Do You Belong? is our identity and empowerment programme for deaf, disabled, and neurodivergent children and young people.

These workshops create safe spaces for exploring identity, building confidence, and developing self-leadership skills – helping young people feel proud of who they are and where they belong.

Hear Me: Inclusion & Awareness Training

Beneath the Gold: Rebuilding After Burnout



How Do You Belong? Youth Empowerment



1

◆ How It's Delivered

- ✓ Delivered as single workshops or multi-session programmes
- ✓ Tailored for schools, youth groups, and community organisations
- ✓ Interactive, creative, and accessible for all communication needs

2

♥ What to Expect

- ✿ Identity and belonging exploration activities
- ✿ Tools for confidence and self-advocacy
- ✿ Lived experience storytelling to inspire pride
- ✿ A safe, supportive environment for growth

3

✿ Why Choose How Do You Belong?

- ✿ Developed and delivered by someone with real lived experience
- ✿ Builds self-worth, pride, and resilience in young people
- ✿ Supports schools and youth groups to nurture inclusion and belonging

✨ Why This Matters

Because every young person deserves to feel proud of who they are.

- ✿ Belonging isn't about fitting in – it's about feeling safe to be yourself.



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BECAUSE BELONGING ISN'T JUST INCLUSION – IT'S BEING CELEBRATED FOR EXACTLY WHO YOU ARE.

✿ **WANT TO EMPOWER YOUNG PEOPLE TO BELONG AND THRIVE? GET IN TOUCH TODAY TO BOOK HOW DO YOU BELONG? FOR YOUR SETTING.**



Together, We Can Make a Difference

The Belonging Dojo CIC exists to create a world where deaf, disabled, and neurodivergent people feel seen, valued, and able to thrive. Whether you're a school, community partner, business, or individual – your support helps us deliver trauma-informed therapy, inclusion training, and youth empowerment programmes that change lives.

👉 Ways to support us:

- 🌟 Partner with us to deliver programmes
- 🌟 Commission workshops or training
- 🌟 Volunteer your time or skills
- 🌟 Donate resources or funding to extend our reach

Contact Us



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**A pathway to healing,
growth, and inclusion**