


Beyond Perceptions

Understanding neurodiversity to
free yourself from judgement and
boost mental well-being



Anita Aherne



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Anita Aherne is a neurodivergent individual and was the founder of "[Living on the Spectrum - National Autism Directory and Neurodiversity Hub](#)."


This book reflects her unique perspective, insights, and experiences, particularly in the context of neurodiversity and related subjects. It is intended for personal use, reference, and education.

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Thank you for respecting the author's rights and supporting the valuable work of neurodivergent individuals in their contributions to our shared knowledge and understanding

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Introduction


What if I told you that happiness isn't just a destination, but a journey shaped by our understanding of others and ourselves?

Welcome to this pocket guide to "Embracing Neurodiversity," a journey into the heart of understanding and compassion in which we realise that how other people react to us is not always a mirror of who we are. Instead, it shows how their unique thoughts, memories, and brains work.

The idea of neurodiversity helps us understand the diversity of everyone's brain and to appreciate different neurotypes. Including people who are autistic and have ADHD or even dyslexia. With each part, we peel back the layers of prejudice and ignorance to show the beauty and depth that come from seeing beyond our initial perceptions.

In this guide, we'll consider common labels and assumptions, look deeper, and accept the complexity of neurodiverse experiences.

But this trip isn't just about getting to know other people; it's also about getting to know ourselves.



We can free ourselves from the weight of judgement and expectation when we understand the power of our own thoughts and feelings.

We can learn to handle social situations with ease and understanding, making places where everyone feels welcome and accepted wherever we go.

So, let's go on this journey of growth and learning together.

Let's all work together to accept neurodiversity and make the future better for everyone.

And more importantly, let's help ourselves to be happy in our own lives.


What is Neurodiversity, and Where Does it Come From?

Did you know that our brains are as unique as fingerprints, each one showcasing its own intricate patterns and pathways?

Neurodiversity is a term that has been getting a lot of attention lately. There have been many discussions about how neurodivergent people think and how society sees them.

At its core, the term celebrates the rich tapestry of neurological differences among individuals, challenging the notion of a singular mould for the human brain and instead revealing a diverse and complex landscape of functioning.

Neurodiversity has existed since the late 20th century and was first discussed in the autism community. Australian social scientist Judy Singer reportedly coined the term "neurodiversity" in the 1990s to change how people talked about autism.




Singer suggested that instead of seeing autism as something that is different from the usual, we should see it as a normal part of being human instead of a disorder that needs to be fixed.

Neurodiversity, in its simplest form, refers to the diversity of all human brains, regardless of neurotype. Everyone on this planet is part of the neurodiversity spectrum because no two brains are exactly alike.

This broader perspective recognises that each individual has a unique set of brain functions influenced by their genetics, environment, and personal development.

The concept of being neurotypical was once considered central to the idea of neurodiversity. A neurotypical person's brain development falls within what is perceived as the normal range of variation—essentially, what has traditionally been considered "typical" thinking and reacting to the world.

Neurodivergent individuals have neurological traits that differ from the norm. They may find it challenging to communicate, engage in social interactions, and process sensory information in the typical way that neurotypical individuals do.



For example, an autistic person or a person with ADHD is considered neurodivergent because their brain does not fall into the neurotypical way of processing information. In fact, anyone who does not fit this typical way of processing information is considered neurodivergent regardless of neurotype.

Neurodiversity doesn't mean an order of strengths or weaknesses. Instead, it means a spectrum of different strengths and challenges.

In the past few years, the neurodiversity movement has grown stronger, calling for neurodivergent people to be more accepted, understood, and included in all parts of society.

This new way of looking at things challenges old ideas about disability, showing neurodiversity as a valuable and good part of being human.

As we start this journey of finding and exploration, keep in mind that neurodiversity is not a new thing, but simply an important part of being human!

By accepting the wide range of neurological differences in people, we can make the world a better place for everyone.

The Power of Perception: Understanding How Our Reactions Shape Reality

Studies have shown that 15 to 20 percent of the world's population is neurodivergent. When people connect with each other, their perceptions are like lenses that help us see the world.

The world we live in is shaped by our own experiences, views, and biases, which affect everything we do and everyone we meet.

But what happens when we start to figure out how perception and reality work together? How does what we do affect the world around us, which in turn affects us?


At the heart of this question is the idea that perception is not passive, but an active thing that is strongly connected to our thoughts, feelings, and body responses. When we are faced with a situation or stimulus, our brains quickly start working on complex cognitive processes. To understand and make sense of the world, they use ideas and experiences they have had in the past.

But it's not just the outside world that affect how we see things; how we feel inside also plays a big part.



With up to 15% of the population being neurodivergent, chances are you know, work with, love, or are yourself neurodivergent.

Wouldn't you want better life outcomes and inclusion for them and for you?



What we think and feel about the world around us is affected by our stress level, mood, and bodily arousal. Based on how we're feeling at the time, a simple comment could be seen as either a friendly act or an angry criticism.

The most important thing to know about the power of perception is that it can change our world.


William James, an important psychologist who changed the field, once said, "The greatest weapon against stress is our ability to choose one thought over another."

In other words, how we respond to a situation can change how we see and understand reality.

Take the case of a neurodivergent person who has to find their way around a crowded social event.

Some people may find the experience too much, with a lot of sensory overload and social nervousness. For others, it might be exciting and full of chances to meet new people and make friends.

If you look at the same world through different lenses, you can have very different reactions and feelings.



In addition, how we see things shapes our inner world and the outside world we make with other people. If you smile, frown, or say something nice, it can affect other people and change the social interactions and relationships that make up our lives.

When it comes to neurodiversity, the power of perception is even more important. We can free ourselves from judgement and expectation when we understand that how other people behave to us is not always a reflection of who we are.

We don't have to take perceived slights or misunderstandings personally. Instead, we can work on sensitivity and understanding, which will help us build relationships based on mutual respect and acceptance.

Remember this deep truth: how we respond shapes our own lives and the lives of others.

By using mindfulness and compassion to embrace the power of perception, we can make society more open and caring, where differences are respected, and everyone is welcome for their own unique view on the world.

Decoding Neurodiversity: Unveiling the Spectrum of Unique Minds

Neurodiversity is a complex tapestry of human intellect that includes a wide assortment of brains wired differently. Did you know that?

The range of neurodiversity encompasses a multitude of diverse perspectives and experiences, ranging from the well-known neurotypical to the complex landscapes of autism, ADHD, and dyslexia. Let's explore some neurotypes.

Neurotypical: At the core of the neurodiversity spectrum, we find neurotypical individuals. These folks have cognitive functioning within the typical or expected range of variation. They're often referred to as "normal" (although we'll explore that term later). Neurotypicals navigate the world with ease, excelling in social interaction, communication, and adaptive functioning.

Autism: Autism is one of the most widely recognised forms of neurodivergence. It's characterised by differences in social communication and interaction. The medical model identifies features like restricted

interests and repetitive behaviours. From those who require significant support to those whose needs are less obvious, the autism spectrum encompasses a diverse range of experiences, strengths, and challenges.

Attention-Deficit/Hyperactivity Disorder (ADHD): ADHD is a condition characterised by difficulties with attention, hyperactivity, and impulsivity. There are three main presentation types:

1. **Inattentive Type:** People with this type primarily struggle with attention difficulties. They find it hard to stay focused, often getting distracted by external stimuli or their own thoughts. Tasks requiring sustained attention, like schoolwork or administrative duties, can be particularly challenging for them.
2. **Hyperactive/Impulsive Type:** In this type, hyperactivity and impulsivity are more pronounced. Individuals may constantly move, fidget, tap their feet, or shift positions frequently. They also struggle with impulse control, sometimes acting without considering the consequences or impulsively sharing their thoughts.
3. **Combined Type:** Many individuals with ADHD exhibit a combination of inattentive, hyperactive, and impulsive symptoms. This presentation is often referred to as the combined type, where difficulties with attention, hyperactivity, and impulsivity coexist and interact with each other.

Despite the difficulties linked to ADHD, it's important to acknowledge that this unique neurodivergent experience also brings its own strengths and talents. People with ADHD often have an impressive ability to think creatively and tackle problems from unconventional angles.

Their spontaneity and knack for hyper-focusing on tasks they find interesting can lead to groundbreaking solutions and discoveries.

Dyslexia: Dyslexia is a learning difference that affects reading, spelling, and writing. Even though individuals with dyslexia have average or above-average intelligence, they may find it challenging to decode words, process written information, and organise their thoughts on paper. However, with proper support and accommodations, many people with dyslexia achieve significant success in various fields.

Beyond these well-known neurotypes, the spectrum of neurodiversity extends to include a wide range of conditions and experiences, including but not limited to:

Dyspraxia: A developmental disorder affecting coordination and motor skills.

Tourette Syndrome: Characterised by involuntary movements and vocalisations known as tics.

Bipolar Disorder: A mood disorder characterised by fluctuations between periods of mania and depression.


Obsessive-Compulsive Disorder (OCD): Marked by intrusive thoughts and repetitive behaviours aimed at alleviating anxiety.

Sensory Processing Disorder (SPD): Involves atypical responses to sensory stimuli, such as hypersensitivity or hypersensitivity.

Dysgraphia: Dysgraphia is a neurological condition in which someone has difficulty with writing skills for their age despite exposure to adequate instruction.

Alexithymia: Alexithymia is not a standalone condition but rather a difficulty in identifying and describing emotions. People with alexithymia often struggle to recognize and communicate their own emotions as well as to recognize and respond to the emotions of others. It is sometimes referred to as emotional blindness.

Aphantasia: Aphantasia is a condition in which a person cannot visualise images in their mind. While it is not common, it is not considered a disease or disability. It's simply a different way in which some people's brains function.



Everyone who has had one of these neurodiverse experiences has their own skills, challenges, and unique points of view.

We can make society more accepting and understanding if we accept the different types of neurotypes and value each person for who they are. This way, differences are honoured, and everyone has the chance to do well.

Liberation from Judgment: Embracing Others' Reactions as Not Reflections of Self


Have you ever thought that the way other people respond to you was a direct reflection of yourself in the complicated dance of human interaction?

We take perceived slights, misunderstandings, and judgements personally and let them shape how we feel about ourselves and who we are.

But what if we were to question this deeply held belief? What if we let go of expectations and judgement, realising that how other people react to us doesn't always show what kind of person we are?

The most important part of this freedom is realising that we are valuable and worthy as people. We earn love, respect, and acceptance, no matter how other people see or treat us.

We can free ourselves from the web of external validation and praise by turning our attention inward and practising self-compassion.




Mindfulness is an important part of this process. It means being present with our thoughts, feelings, and experiences without judging them or getting attached to them. Being mindful helps us notice how we respond to other people with interest and kindness, knowing that these reactions are shaped by many things, such as our beliefs, past experiences, and personal preferences.

Furthermore, by accepting and studying neurodiversity, we can gain a better comprehension of how different people see and interact with the world.

Neurodiversity means that some people experience the world in ways that are different from what most people think is normal. This can cause them to act and react in ways that other people don't understand or read correctly.

By recognising and respecting these differences, we can learn to care about others and build relationships based on mutual respect and understanding.

"Between stimulus and response, there is a space," said the famous psychiatrist Viktor Frankl. That space gives us the freedom to choose how to respond. Our freedom and growth depend on how we respond.



By taking back the power to decide how to respond to other people's reactions, we can go beyond the limits of judgement and expectation, paving the way for more authenticity, self-empowerment, and acceptance.

As we work to stop judging others, remember that how they treat us doesn't always show what kind of person we are.

Instead of looking for acceptance and validation from other people, let us remember the profound truth that our reactions shape our own reality and the world we share with others.

By embracing the power of perception with mindfulness and compassion, we can create a more inclusive and empathetic society where differences are celebrated, and everyone is valued for their unique perspective on the world.

Navigating Social Interactions: Strategies for Empathetic Communication


Did you know that every day, we have a lot of different social exchanges that make our lives what they are?

Everyday life is made up of both verbal and non-verbal social exchanges that weave together relationships, connections, and shared experiences.

Still, figuring out all these complicated issues can be hard for many people, leaving them feeling unsure and anxious. Explore ways to encourage compassionate communication, improve comprehension, and create deep connections with other people.

Cultivate Active Listening: Effective communication begins with attentive listening. Practice being fully present in conversations and giving others your undivided attention.


Show genuine interest in what they say, ask clarifying questions, and validate their experiences. Demonstrating empathy and understanding creates a safe space for open and honest dialogue.



Practice Perspective-Taking: Empathy is the ability to understand and share the feelings of someone else. Put yourself in the shoes of the person you're interacting with, considering their thoughts, emotions, and perspectives. Recognise that everyone experiences the world differently and seek to understand their unique point of view without judgment or bias.

Use Nonverbal Cues: Communication is not limited to words alone! Nonverbal cues such as facial expressions, body language, and tone of voice play a crucial role in conveying meaning and emotion. Pay attention to both your own nonverbal signals and those of others, remaining mindful of how they may impact the dynamics of the interaction.


Practice Assertive Communication: Assertiveness involves expressing your thoughts, feelings, and needs in a clear, respectful manner while also respecting the rights and boundaries of others. Avoid passive or aggressive communication styles, instead striving for a balanced approach that promotes open dialogue and mutual understanding.



Foster Emotional Intelligence: Emotional intelligence encompasses the ability to recognise, understand, and manage your own emotions, as well as the emotions of others. Cultivate self-awareness by reflecting on your own emotional responses and triggers and develop empathy by tuning into the feelings and needs of those around you.

Be Mindful of Neurodiversity: Recognise that individuals may process and respond to social cues differently based on their neurology. Be patient and understanding and adapt your communication style to accommodate diverse needs and preferences. Embrace neurodiversity as a source of strength and richness in human interaction.

Practice Empathy in Conflict Resolution: Conflict is a natural part of human relationships, but it can also be an opportunity for growth and understanding. Approach conflicts with empathy and compassion, seeking to understand the underlying needs and concerns of all parties involved. Focus on collaborative problem-solving and finding win-win solutions that honour the needs of everyone involved.



Eye Contact: For some autistic individuals, eye contact can be uncomfortable, and in fact, it impedes cognitive functioning.

By incorporating these strategies into your interactions, you can cultivate empathetic communication, enhance understanding, and foster deeper connections with others. Remember that effective communication is a skill that can be developed and refined over time, leading to a more fulfilling life.

Shifting Perspectives: Empowering Understanding to Dismantle Stereotypes


Diversity makes a beautiful and complex design in the tapestry of human experience. Even so, stereotypes often cast a shadow over all of this, especially when it comes to neurodiversity.

Let's talk about how to fight these assumptions, build understanding, and accept neurodiversity as a key part of making society more caring.

Neurodiversity is often distorted by society's view, which sees different brain traits through a narrow and negative lens.

When people use words like "weird," "lazy," or "difficult" too often, they hide the strengths and beauty that neurodivergent people already have.

These harmful beliefs not only keep the stigma alive, but they also make it harder for people to work together and include each other.



Empathy and knowledge are two of the most powerful ways to fight stereotypes. By shedding light on the wide range of neurodiverse situations, we help people understand and accept each other better.


As we learn more about neurodiversity, education becomes a lighthouse that shows us the unique skills and strengths that each person brings to the table.

It takes more than knowledge to fight stereotypes; you have to change the way you think about them.

Neurodivergent features aren't flaws; they're part of what makes us human, so we should celebrate them. By accepting neurodiversity, we can make places where everyone feels like they belong and are respected for who they are. In this way, a mindset of belonging and acceptance is made.

When we accept neurodiversity, we break free from bias and being judged. No longer are "us versus them" ideas limiting us. Different is good for us because it makes our lives more interesting.

Working together and being kind to each other can help us grow as people and as a society. We learn to understand, be kind, and be strong along the way.



Take the time to answer the call to action as we learn more about neurodiversity. Let's fight assumptions, work to understand each other, and see neurodiversity as an important part of what it means to be human.

We not only make the world kinder and more respectful, but we also set the stage for a future where every mind is valued, honoured, and celebrated.

Advocating for Change: Ensuring Equal Access to Healthcare, Education, and Employment

Did you know that neurodivergent people often have trouble getting the services they need, like healthcare, schooling, and jobs?

Even though we try to make society more progressive and fairer in many ways, there is still a big gap between neurodivergent people and others who can get and use important services.

These differences not only limit possibilities but also reduce life expectancy. Neurodiversity can shorten a person's life by up to 36 years! This shocking fact shows how important it is for everyone to work together to ensure fairness for everyone.


It can be hard to find your way around the healthcare system because some healthcare workers don't understand or are aware of your needs, and you may not be able to get the services and accommodations you need.

In the same way, neurodivergent kids face problems in school that get in the way of their progress and success.



An autistic person has a reduced life expectancy of up to 36 years and twice the mortality compared to the general population.

Meanwhile, a person with ADHD faces a reduced life expectancy of up to 13 years.



Neurodivergent people can feel uncomfortable and unsafe in schools and might not be able to reach their full potential if they don't get the right help and tools.


Discrimination in the hiring process, trouble managing social situations and the workplace, and not having the right accommodations can make it harder for them to find meaningful work and advance in their careers.

To fix these problems, everyone needs to work together and be committed to lobbying and change.

Healthcare systems can teach providers about neurodiversity and patient-centred care through training programmes.


Inclusion can be boosted in schools by teaching teachers how to help neurodivergent students and make classrooms that encourage acceptance and understanding.

Employers can be more open to hiring neurodivergent people, teach their employees about neurodiversity and how to make accommodations and build helpful workplace cultures that value diversity and inclusion.



Making sure that neurodivergent people have equal access to healthcare, schooling, and jobs is not only the right thing to do, but it also shows what we value as a society.

We can make society fairer and more inclusive so that everyone, no matter their neurodiversity, can thrive and achieve by pushing for change and using simple but effective strategies.




Embracing Neurodiversity as a Path to Personal Growth and Collective Compassion

In our journey to understand neurodiversity, we've explored its definitions, challenged stereotypes, and discussed strategies for empathy and inclusion.

Now, we delve into how embracing neurodiversity enhances our personal growth and fosters collective compassion, leading to a more harmonious and inclusive society.

Embracing neurodiversity is not just about accepting others; it's also a transformative journey for oneself. Here's how understanding and valuing neurodiversity can directly contribute to your personal growth.

Broadening Perspectives: When we engage with neurodivergent individuals, we are exposed to various viewpoints and experiences. This broadened perspective can enhance our creativity and problem-solving skills as we approach challenges from multiple angles.




Enhancing Emotional Intelligence: Interacting with neurodivergent individuals requires us to be more empathetic, patient, and understanding. These interactions can improve our emotional intelligence, making us more adept at recognising and managing emotions and understanding those of others.

Developing Patience and Resilience: Embracing neurodiversity often involves unlearning biases and overcoming misunderstandings. This process can cultivate patience and resilience, essential traits for personal development.

Fostering Open-Mindedness: Accepting neurodiversity encourages open-mindedness. It challenges us to question our assumptions and prejudices, leading to a more inclusive worldview.

While personal growth is significant, the collective impact of embracing neurodiversity is even more profound. Here's how fostering a culture of compassion and inclusion benefits society as a whole.



Creating Inclusive Communities: When we embrace neurodiversity, we create communities where everyone feels valued and included. This inclusivity can reduce social isolation and improve the overall well-being of all community members.

Driving Innovation: Diverse teams bring diverse perspectives, leading to more innovative solutions. By valuing neurodivergent individuals' unique contributions, organisations and societies can drive progress and creativity.

Promoting Social Justice: Embracing neurodiversity is a step towards social justice. It challenges systemic discrimination and advocates for equal opportunities in education, employment, and healthcare for all individuals, regardless of their neurological makeup.

Enhancing Collaboration: Understanding neurodiversity fosters better communication and collaboration. By appreciating each other's differences, we can work more effectively together, leveraging our unique strengths to achieve common goals.

Practical Steps to Embrace Neurodiversity

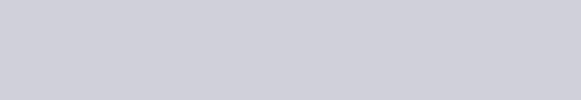
Embracing neurodiversity involves concrete actions that can be implemented in various aspects of our lives. Here are some practical steps to foster a more inclusive and compassionate environment.

Education and Awareness: Educate yourself and others about neurodiversity. Attend workshops, read books, and engage in conversations to deepen your understanding and challenge existing biases.

Inclusive Practices in the Workplace: Advocate for inclusive hiring practices, provide accommodations, and create a supportive work environment that values diverse talents and perspectives.

Support in Education: Encourage schools to adopt inclusive teaching methods that cater to diverse learning styles. Support policies that provide resources and accommodations for neurodivergent students.

Community Engagement: Participate in community activities that promote inclusion and support neurodivergent individuals. Volunteer, join advocacy groups, and engage in local initiatives to foster a sense of belonging and support.



Mindful Communication: Practice being patient, listening actively, and avoiding assumptions. Ensure your interactions are respectful and inclusive, creating a safe space for open dialogue.

Embracing neurodiversity is a path to personal growth and collective compassion. By broadening our perspectives, enhancing our emotional intelligence, and fostering open-mindedness, we can grow as individuals.

Simultaneously, we can build a better society for all by creating inclusive communities, driving innovation, promoting social justice, and enhancing collaboration.

Through education, inclusive practices, community engagement, and mindful communication, we can take concrete steps to embrace neurodiversity in our daily lives. We improve our own health and make the world a better place.

Let this be the start of a journey towards more knowledge, acceptance, and empathy so that everyone can live in a better world.

Next Steps


As this neurodiversity pocket guide comes to a close, it's important to think about how you can use the information here to start making the world a better place for everyone.

This journey towards understanding and embracing neurodiversity is not just beneficial for neurodivergent individuals but can significantly enhance your own well-being and create a win-win situation for everyone.

One of the first steps you can take is to change your perceptions immediately. When people react or act in ways that don't match your own views and assumptions, keep in mind that it's not a direct reflection of you.

People's brains interpret information differently, and their responses are shaped by their unique neurological wiring. This change in viewpoint can help you see things with more empathy and understanding. It's not about you; it's about them.

If this pocket guide has sparked your interest and you wish to delve deeper into the concept of neurodiversity, please consider inviting me to speak to your organisation, school, or peer group.



We can explore how neurodiversity plays a crucial role in all our lives and how embracing and understanding it can improve business revenue, personal growth, and mental well-being for everyone.


Imagine a world where businesses thrive by using the unique skills of neurodivergent people, where schools are designed to work with all types of learners, and where understanding the different ways people experience the world makes social interactions more meaningful.

By embracing neurodiversity, we can make the world more accessible and compassionate for everyone.

Also, understanding and respecting neurodiversity can help you grow as a person and improve your emotional health. When we know that how other people respond doesn't always show how valuable we are, we can lower the stress and anxiety that come from being misunderstood.

This change in attitude makes you stronger and improves your self-image.

Here are some actionable steps you can take to start building a more inclusive world:



Educate Yourself and Others: Continue learning about neurodiversity through books, articles, and conversations. Share your knowledge with friends, family, and colleagues.


Foster Inclusive Environments: Advocate for policies and practices that support neurodivergent individuals in schools, workplaces, and community settings.

Practice Empathy: Approach interactions with an open mind and a compassionate heart. Seek to understand rather than judge.

Challenge Stereotypes: Actively work to dismantle stereotypes and stigma associated with neurodivergence by questioning assumptions and promoting positive narratives.

Support Neurodivergent Voices: Amplify the voices of neurodivergent individuals by listening to their experiences and advocating for their rights and needs.

Create Safe Spaces: Ensure that environments are physically and emotionally safe for neurodivergent individuals. This includes making accommodations and fostering a culture of acceptance.



By taking these steps, you contribute to a more inclusive world and enhance your understanding and well-being.

Together, we can create a society where every mind is valued, and every individual is given the opportunity to thrive.

Let's embrace neurodiversity and pave the way for a brighter, more compassionate future for all.

Glossary of Common Terms You May Have Heard Related to Neurodiversity

- **Neurodiversity:** The natural diversity of all human brains.
- **Neurodivergent:** A person who's neurotypical varies from the perceived "typical" brain type.
- **Neurodiverse:** Describes a group of people with variation in brain types.
- **Neurotypical:** Having a typical/common way of processing sensory, linguistic, and social information.
- **Allistic:** Not autistic.
- **Ableism:** Discrimination in favour of non-disabled or neurotypical individuals.
- **Spectrum:** Refers to the broad range of variations within each neurotype.
- **Theory of Mind:** The ability to instinctively know what others are thinking and feeling.
- **Masking:** The act of suppressing or concealing neurodivergent traits in schools and workplace to appear neurotypical.

- **Stimming:** Self-stimulatory behaviour; the repetition of physical movements, sounds, words, moving objects, or other behaviours that aid in sensory regulation or assist with learning or comprehension.
- **Accommodations:** Accommodations refer to changes made to the environment, curriculum, or equipment to enable individuals with disabilities or those who are neurodivergent to access an environment, complete tasks, or achieve goals.
- **Asperger's Syndrome:** Asperger's Syndrome or "ASPIE" is an outdated term that was once used to describe a specific subset of autism characterised by average to above-average cognitive function, differences in communication and social language (pragmatics), and sometimes a narrow range of interests or intense focus on a particular topic. It was previously referred to as 'high functioning' autism.

**Connect with me to learn how you can
see Beyond Perceptions.**



Anita shares her life and her journey as a neurodivergent women,
from diagnosis to International award winner.

She is eager to share how embracing her neurodiversity has
boosted her well-being and mental health.

Her insights are particularly valuable for business owners looking to
boost their business's revenue and promote a supportive and
inclusive environment for all employees and customers.