



START THE CONVERSATION

UNDERSTANDING AND EMPOWERING NEURODIVERSITY IN SPORT

MARCH 2025





Inclusive Change

Training Services



Empowering teams with neurodiversity training to foster inclusive, supportive, and productive workplaces.

Change Management Consultancy



Guiding organisations through inclusive change strategies that support neurodivergent and disabled employees.

Practical Solutions



Offering actionable toolkits and resources tailored for real-world neuro-inclusivity in the workplace.

Who We Are?

Inclusive Change is an independent consultancy dedicated to transforming workplaces. Our expert team combines decades of leadership experience with lived insights into neurodiversity, empowering you to build inclusive, high-performing teams and drive productivity.

What We Do?

We provide training and support, for organisations to help build neurodiverse and inclusive workplaces where everyone can thrive. We aim to prepare organisations and individuals for the future workplace with neurodiversity in mind.

SCAN ME! >>>



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inclusivechange.co.uk

Start the Conversation

Part 1: Understanding and empowering neurodiversity in sport

Description

Starting conversations about neurodiversity is often the first step we need to take to creating a more inclusive workplace.

Start the Conversation is an interactive workshop delivered face-to-face or online tailored to your business, including a Q&A session & dedicated webpage for follow up with slides and resources.

Outcomes

- An introduction to neurodiversity, common conditions and associated behaviours.
- Dispelling myths, addressing common misconceptions and breaking down stigmas around neurodivergent individuals
- Exploring neurodivergent strengths & challenges in Sport: Understanding how cognitive diversity contributes to creativity, strategic thinking, and innovation on and off the field, while recognising potential challenges in sports environments.



Thank you for the very engaging and educational training last Friday; it was very well received, great feedback informally from my colleagues.



Who is this for?

Coaches, Managers, Volunteers, Parents & Colleagues



Duration

60 & 90 Minutes



Format

In person or online delivery



Price

From £499 + VAT
Travel expenses will apply outside of Bristol

Get in touch



[inclusivechange.co.uk](https://www.inclusivechange.co.uk)

Start the Conversation: Understanding and Empowering Neurodiversity in Sport

1. Introduction to Neurodiversity

- Definition of neurodiversity.
- Overview of common neurodivergent conditions, including Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD), Dyslexia, Dyspraxia, and more.
- Understanding how neurodiverse behaviours.
- The importance of embracing neurodiversity to create inclusive and innovative sports environments.

2. Dispelling Myths and Misconceptions

- Common misconceptions about neurodivergent individuals.
- The reality of neurodivergent experiences: challenging stereotypes and breaking down stigma.
- Understanding that neurodivergence is not a limitation but a different way of thinking and processing information.
- Case studies and examples of successful neurodivergent individuals in sport.

3. Neurodivergent Strengths & Challenges in Sport

- Exploring the unique skills and perspectives of neurodivergent individuals.
- Identifying potential challenges neurodivergent players, coaches, and staff may face, including sensory sensitivities, communication differences, and social interaction barriers.
- The role of coaches, teammates, and support staff in creating an inclusive sporting culture that leverages neurodivergent strengths while addressing challenges.

Outcomes

- Gain a clear understanding of neurodiversity and its relevance in sport.
- Recognise and challenge common myths and misconceptions.
- Appreciate the unique contributions neurodivergent individuals bring to sport, both on and off the field.
- Identify practical considerations for creating inclusive sporting environments.

Start the Conversation

Part 2: Practical Strategies for Understanding and Empowering Neurodiversity in Sport

Description

Delivered by Lucy Smith and Neurodiversity Sports Coach, this interactive Q&A session builds on Part One, allowing sports coaches to deepen their understanding of neurodiversity and gain practical insights into supporting neurodivergent players. The session encourages open discussion, real-life scenarios, and problem-solving strategies tailored to various sporting environments.

Outcomes

- Deepen your understanding of how to support neurodivergent players in sport.
- Learn practical strategies to drive inclusive participation.
- Gain confidence in managing challenges and making adjustments.
- Explore real-life scenarios and discuss solutions tailored to your sporting environment.
- Leave with actionable insights to create a positive, neurodiversity-friendly culture in sport.



I just wanted to say thank you for such a brilliant session on Monday evening. I really appreciated your delivery – it was informative, thought-provoking, and refreshingly down to earth.



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90 Minutes



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Practical Strategies – Understanding and Empowering Neurodiversity in Sport

1. Recap of Part One

- Quick overview of key concepts from Part One: understanding neurodiversity, breaking down myths, and exploring strengths and challenges in sport.
- Revisit the importance of embracing neurodiversity to build inclusive sporting environments.

2. Interactive Q&A Session

- Address real-life challenges coaches and staff face when supporting neurodivergent players.
- Explore tailored strategies to overcome barriers and create inclusive training sessions.
- Encourage participants to share experiences and examples from their own sporting environments.

3. Establish Topics for Discussion

- Creating an inclusive training environment in sport.
- Managing behaviour and supporting emotional regulation in neurodivergent players.
- Building effective communication with parents, carers, and support networks.
- Identifying adjustments and practical steps to support neurodivergent players on and off the field.

4. Outcome

- Leave with practical strategies and insights to confidently support neurodivergent individuals in sport.
- Gain a deeper understanding of how to create an inclusive culture and environment for all.
- Build the knowledge to make meaningful, positive changes in your coaching practice.