

Neurodiversity & Coaching with Laura Nielsen

15-20% of the UK population are neurodivergent. The saying goes that when you have met one autistic person, you have met one autistic person – this is true of all neurodivergent conditions, because every individual's experience of their neurodivergence is different. The strengths and associated challenges that each neurodivergent person experiences are unique.

Creativity, hyperfocus, problem-solving skills and abstract thinking styles are associated with neurodiversity – something that may be reflected in the fact that least 25% of entrepreneurs in the UK are thought to be neurodivergent. And in a recent survey, 65% of neurodivergent respondents explained that the greatest barrier they faced to disclosure in the workplace was fear of stigma and discrimination from management. This was closely followed by fear of stigma from colleagues. (Source: Neurodiversity in Business.)

As professional coaches, we can expect to meet neurodivergent clients who are experiencing these worries and facing associated challenges in realising their potential in the workplace. Being a professional coach, you may be interested in learning more about neurodivergence, so that you can ensure that you can support your coaching clients appropriately – and respond to their individual needs.

During this 90-minute session, we will explore and share experiences, research and best practice on the differences that present when coaching neurodivergent clients. You will also receive practical advice and insight on managing the coaching relationship, contracting and the container for inclusive coaching.



This session will be delivered by Laura Nielsen, Registered Occupational Psychologist, Senior Coach Practitioner and Catalyst14 alumni.

Laura is autistic and has two neurodivergent children and is currently completing a Professional Doctorate with Birkbeck University, researching the utility of workplace coaching for emotional regulation and social cognition in autistic and ADHD adults.