

# YOUR PATHWAY

1

## NEURODIVERSITY

What is neurodiversity?  
Why is neurodiversity a good thing?  
Neurodiversity and you

2

## SENSORY PROCESSING

What is sensory processing?  
Your sensory profile  
Stimming

3

## THINKING, DOING AND LEARNING

Attention differences  
Executive functioning  
Thinking, doing and learning Bingo

4

## COMMUNICATION

What is communication?  
Communication differences  
How do you like to communicate?

5

## YOUR BODY'S SAFETY SYSTEM

What makes you feel safe and unsafe?  
The lion, the deer, and the mouse (fight, flight and shutdown)  
Ladder of safety

6

## REASONABLE ADJUSTMENTS

What are reasonable adjustments?  
Examples of reasonable adjustments  
Exploring reasonable adjustments

7

## YOUR TOOLBOX

What is a toolbox?  
Strategies for your toolbox  
Items for your toolbox

8

## FINDING YOUR PATHWAY

What is self-advocacy?  
How to manage your energy  
Masking and being yourself