

# It's so Good to Meet You!



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## Welcome to Our Workshops Supporting Neurodiversity

Welcome to our series of workshops designed to bring a fresh, upbeat approach to mental health and well-being. I am here to provide you with real, relatable, and engaging workshops that aim to uplift and empower parents, caregivers, teachers, and individuals in the community.

### Workshop Summaries:

#### 1. Nervous System Regulation for Parents and Caregivers

- Learn practical and playful techniques to regulate your nervous system. Replace containment and frustration with connection.

#### 2. Where Neurodiversity and PDA Meet

- Explore the intersection of neurodiversity and Pathological Demand Avoidance (PDA) in a fun, humorous and engaging way.

#### 3. The PDA Teen Girl

- Dive into the world of PDA and teen girls, discovering strategies to support and empower them through their unique challenges and triumphs. Humour required.

#### 4. Supporting Mental Health in ND Kids

- Gain insights and tools to support the mental well-being of neurodiverse children, fostering a nurturing and inclusive environment for their growth.

#### 5. Seeking a DX or Recently DX: Navigating the System

- Explore the journey of seeking a diagnosis or navigating life post-diagnosis, with a light-hearted yet informative approach to empower individuals and families.

## Workshops Continued...

### 6. Challenging Our Own Beliefs and Assumptions Around Raising ND Kids

- Uncover playful and engaging ways to challenge and reframe our beliefs, creating greater ease and harmony.

### 7. How Our Meaning-Making Can Get in the Way

- Discover how our perceptions and interpretations impact our well-being, and explore fun ways to shift our mindset to allow for more joy, ease and contentment.

### 8. Interrupting and Shifting Patterns That Keep Us Stuck and Exhausted

- Engage in playful activities to break free from draining patterns, empowering you to embrace a more energized and fulfilling life.

### 9. Connection and Curiosity

- Embrace the power of connection and curiosity in fostering understanding and empathy, creating a lighthearted and engaging space for growth.

### 10. Teachers and Parents Bridging the Gap

- An interactive and fun workshop designed to bridge the gap between teachers and parents, fostering a supportive and understanding community for the well-being of all.

### 11. Art and Neurodiversity: Supporting the Nervous System in a Playful Way

Are you ready to explore the fascinating world of art and neurodiversity? In this interactive session, we will explore how creativity can support the nervous system in a fun and playful way!