

# Jess Meredith

## PROMOTING & CELEBRATING NEURODIVERSITY EVERYWHERE



### WHY EMBRACE NEURODIVERSITY?

Jess' talks educate and empower individuals, organisations and other settings to embrace neurodiversity so neurodivergent people can thrive, resulting in:

~ A **positive impact** on neurodivergent people's wellbeing & performance

~ **Increased productivity** for an organisation

~ **Confidence** for all individuals to talk about Neurodiversity

### JESS' BIO

Jess is a proud ADHDer and parent of neurodiverse children. She uses her lived experience and the power of storytelling to engage audiences and deliver unforgettable talks. Jess is a staunch advocate for reframing the narrative around neurodiversity.

She has delivered talks and spoken on panels in Education Settings and Organisations such as **Accenture, The Adecco Group, Capgemini, Coulter Partners** and many more.

#### **ENGAGING**

Jess specialises in interactive talks and uses multiple formats such as story-telling, video and quizzes to optimise engagement.

#### **DIGESTIBLE**

Jess' talks use thought-provoking short stories and concepts to ensure the content is digestible for the audience.

#### **IMPACTFUL**

Jess resonates clearly with the audience, and she specialises in challenging their thinking for maximum impact.

# Popular Talks

Jess has a library of talks that can be tailored to meet the needs of clients. The library is constantly evolving and she welcomes bespoke requests.



## MOST POPULAR TALKS

### 30 MINUTES

- Exploring & embracing our **different perspectives** through the power of optical illusions
- **Breaking down barriers or unfair advantage?** Delving into the difference between needs and wants.
- **Dispelling myths and stereotypes** of ADHD through my personal journey
- **Creating expert teams**, not expert individuals
- **Thriving with ADHD** as an expert generalist
- Unlocking and understanding **sensory processing**

### 1 HOUR

- **Exploring fairness** through a neurodiversity lens
- **Embracing neurodiversity** : an intro for all
- **Neuroinclusive leadership** and people management
- Attracting **neurodivergent talent**
- Neurodiversity **myths, stereotypes and language**
- **Parenting** : How to ensure your neurodivergent children thrive
- Neurodiversity as a **competitive advantage**

## FORMATS AVAILABLE

- ~ Key note speeches
- ~ 30-60 minute talks including Q&A
- ~ Panel discussions
- ~ Workshops

# Client Feedback & Testimonials



Thankyou both so much for the brilliant webinar you delivered for our clients yesterday. Engaging, interactive, thought provoking, simply excellent is just some of the feedback so far. Both your passion and honesty created an eye opening session where we all learnt something new about neurodiversity and all came away with actions for change in our organisations.



**LHH**

LOUISE SORRELL, BUSINESS DIRECTOR - HR



An enormous thank you on behalf of the team for today's session. It was so positively received and I have had many messages already commenting on how interesting and eye-opening it was.

**Coulter:Partners**

NEHA RAJDEV, DIRECTOR



I wanted to let you know that the session you ran has made such a huge difference to my area of work. The coaching team are now having regular, open, constructive discussions around how we can adapt our style and better support neurodivergent individuals. It will have a really positive impact for the new graduates too.

We implemented the document you recommended and as a result 4 new graduates have shared they are neurodivergent and we're having really positive conversations about it. Thanks again! Looking forward to working together more.

**Capgemini**



EMILY SHAW, SENIOR CONSULTANT

