



Summary of offerering collaboration, Special Feature: Celebrating Neurodivergent Achievers and People with Social Anxiety

Featuring inspiring neurodivergent

The following questions are intended as optional conversation starters to help share your experiences, achievements, insights and aspirations.

Please feel free to choose whichever topics you are comfortable discussing, adapt the questions to suit yourself, or share anything else you feel passionate about. There is no expectation to answer every question.

1. Understanding and Recognition

- How does your neurodivergence or social anxiety affect your life, work and ambitions, and what understanding or adjustments would help you thrive?**
- Why is it important for people not only to claim they understand or accept your experiences, but also to recognise your abilities, respect your ambitions and take you seriously in practice?**

2. Strengths, Inspiration and Achievements

- What strengths, unique abilities, passions or personal qualities have helped you achieve your goals, and who or what inspires you?**
- What advice, encouragement or practical tips would you share with others in a similar situation?**

3. Dignity, Rights and Respect

- Why is it important to respect a person's dignity, human rights, autonomy and ambitions, rather than allowing their difficulties or other people's assumptions to limit their opportunities?**

4. Challenges and Overcoming Barriers

- What challenges, misconceptions or barriers have you encountered, including situations where others have underestimated your abilities or ambitions?**
- What strategies, adjustments or changes would help overcome these barriers and create a fairer, more supportive environment?**

5. Positive Change and Future Aspirations

- What changes would you like to see in your workplace, community or wider society to help neurodivergent people and those experiencing social anxiety thrive?**
- What would you most like others to learn from your experiences?**

6. Personal Message (Optional)

- If you could share one meaningful message or inspirational quote about your experiences, achievements or advice to others, what would it be?**

Summary of offering collaboration,
Special Feature: Celebrating Neurodivergent Achievers and People with Social Anxiety

Continued

Collaboration Approaches

You can choose whichever collaboration format best suits your interests, preferences and comfort level. We can also discuss other ideas together.

1. Guides and Tips

Share practical advice, personal insights or suggestions that may help others facing similar experiences.

2. Social Media Features

* Video interview

A relaxed video interview using a few agreed questions, with the option to share additional thoughts, photographs or video footage about your interests, experiences and achievements.

* Joint livestream

A collaborative livestream exploring shared interests, personal experiences, achievements, challenges or suggestions. This could be hosted by either participant or delivered together.

The format can be agreed in advance, and there is no expectation to participate live if another approach feels more comfortable.

3. Online Features

* Blog article

Contribute an article to my online awareness platform to share your experiences, achievements, perspectives or advice.

* Inspirational quotes

Share a quote or personal message for my awareness project, *Achievers*, which aims to inspire and empower neurodivergent people and individuals experiencing social anxiety.

4. Exchange of Experiences (Optional)

I can share some of my own experiences and challenges as a neurodivergent person to encourage a mutual exchange of perspectives and help create a comfortable, supportive conversation.

5. Other Collaboration Opportunities

Creative projects:

Are there any creative ideas or projects you would like to explore together?

Visit my Creative Developments index to explore what has been developed

<https://keithmckenzie.dudaone.com/creative>

Participation and contribution:

Are there any research, awareness or development projects where my input could be helpful?

Visit my Participation Developments index to explore what has been developed

<https://keithmckenzie.dudaone.com/participation>

Awareness and advocacy:

Is there any aspect of my awareness content & developments that you would like to contribute to, develop or share with your community?

Visit my Awareness Developments index to explore what has been developed

<https://keithmckenzie.dudaone.com/awareness>

Summary of offering collaboration,
Special Feature: Celebrating Neurodivergent Achievers and People with Social Anxiety
Continued

Useful links

My awareness website

Explore a variety of contact with over 25 years of experience

<https://plusvalue.dudaone.com/>

Advantage project online

The information project explores the positive qualities

<https://plusvalue.dudaone.com/advantage>

Achievers project online

The information project which lists examples of neurodivergent & social anxiety role models, trailblazers and positive achievers

<https://plusvalue.dudaone.com/diverse-achievers>

A Flexible and Supportive Approach

The collaboration can be adapted to suit your interests, preferences and availability. You are welcome to share as much or as little as you wish, and we can agree on the format and topics together.

Additional ideas can be made at a later date. If you require further details on how you, your organisations or your team can be beneficial to participation and suggestions please contact me with the details below and via the briefing summary document

Contact & Collaboration

Keith McKenzie

Birmingham, United Kingdom

Website: keithmckenzie.dudaone.com

Email: For privacy reasons, please refer to the briefing summary document (if provided to you)