

For Businesses, Charities and Educational sectors.

Neurodiversity in Practice:

Building Inclusive, High-Performing Workplaces

Seed Wellbeing® is a registered trademark as of March 2026



Our Core Principles

At Seed Wellbeing, our four core principles are more than guidelines; they shape how we think, partner and deliver meaningful change. They ensure our work stays human, strategic and grounded in long-term impact. Our expert wellbeing reviews have been designed to create meaningful impact by aligning wellbeing with organisational and educational culture.

Our Principles:

1. Grow Together

We believe wellbeing and performance are strengthened through connection and shared responsibility. Growth is most powerful when it happens collectively, building trust, collaboration and a culture where people support one another. Through shared learning across mental health awareness, wellbeing practices, financial confidence, and leadership development, individuals and teams build a common language around wellbeing. This strengthens collaboration, trust and accountability, enabling teams to grow together rather than in isolation.

2. Human First

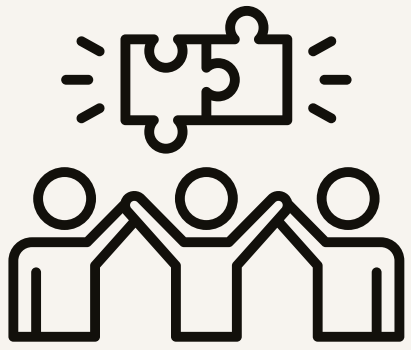
Each module recognises employees as whole people. By addressing mental, emotional, physical and financial wellbeing, the program improves confidence, resilience, and self-awareness. People are the foundation of every organisation's success. By placing human experience at the centre of strategy, leadership and culture, we help organisations create environments where individuals feel valued, supported and able to do their best work.

3. Transformative Change

We work with organisations committed to rewriting the norms around workplace wellbeing. Real transformation demands clarity, responsibility and the determination to build cultures that genuinely elevate their people. Lasting impact requires more than surface-level initiatives. This pillar reflects our commitment to deep, sustainable cultural change that shifts behaviours, mindsets and systems, embedding wellbeing into the way organisations truly operate.

4. Authentic Connection

Real progress starts with honest conversation and psychological safety. We lead with honesty and approachability, creating spaces where people feel safe, respected and genuinely understood. We show up as we are and expect the same from the organisations we partner with, because real progress starts with real conversations.



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Organisations thrive when people are supported to bring their strengths, perspectives, and capabilities to work. Our Neurodiversity in Practice training helps leaders and teams move beyond awareness and towards meaningful inclusion, building the knowledge, confidence and practical skills needed to create environments where neurodivergent employees can perform at their best.

With neurodiversity representing a natural variation in how people think, process information, communicate, learn and experience the world, understanding these differences is essential to creating workplaces that are both inclusive and high performing. Our training explores the experiences of neurodivergent individuals in the workplace and wider society, helping organisations recognise both the challenges that can create barriers and the strengths that neurodivergent talent can bring.

Designed for modern, forward-thinking organisations, our training provides evidence-informed, practical approaches that support leaders, managers, and teams to build psychologically safe environments where different ways of thinking are understood, valued, and enabled. Rather than focusing on labels or limitations, the focus is on removing barriers, improving everyday experiences, and creating the conditions where all employees can contribute, collaborate, and succeed. By strengthening understanding and capability across the organisation, this training supports improved employee wellbeing, stronger team relationships, greater engagement, and increased retention of diverse talent.

What are the benefits for your organisation?

By investing in Neurodiversity in Practice training, organisations can strengthen their culture of inclusion while unlocking the potential of a wider range of talent. This training supports leaders and teams to create workplaces where employees feel understood, valued and empowered to do their best work.

The result is a more inclusive, engaged and resilient workforce, where differences are recognised as a source of innovation, creativity and competitive advantage, rather than barriers to performance.



What are the key outcomes of this training?

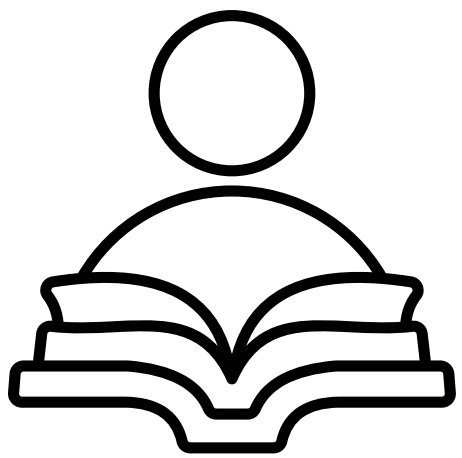
- Develop a deeper understanding of neurodiversity and the different ways individuals may think, communicate, process information, and approach work.
- Explore the relationship between neurodiversity, psychological safety, wellbeing, and workplace performance
- Increase confidence and capability among leaders and managers to support neurodivergent colleagues effectively
- Recognise common workplace barriers and identify opportunities to create more inclusive ways of working
- Improve communication, collaboration, and team dynamics by embracing different perspectives and working styles
- Understand the importance of reasonable adjustments and practical support strategies that enable employees to thrive
- Build confidence in having more informed, inclusive conversations around individual needs and strengths

Why should this training be a priority for organisations?

Neurodiversity training is vital in all workplaces because it equips organisations with the understanding and practical tools needed to create environments where every individual can contribute, thrive, and perform at their best. By building awareness, empathy, and inclusive leadership capability, organisations can remove barriers, strengthen collaboration, improve employee wellbeing and unlock the full potential of a diverse workforce.

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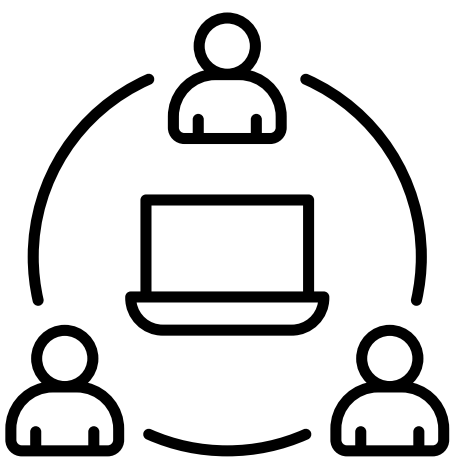


Awareness & Understanding

Building knowledge of neurodiversity, helping teams and leaders understand different thinking styles, strengths and challenges to reduce stigma and increase confidence.

Inclusive Leadership

Equipping leaders and managers with the skills to support neurodivergent individuals through adaptable communication, psychological safety and inclusive decision-making.

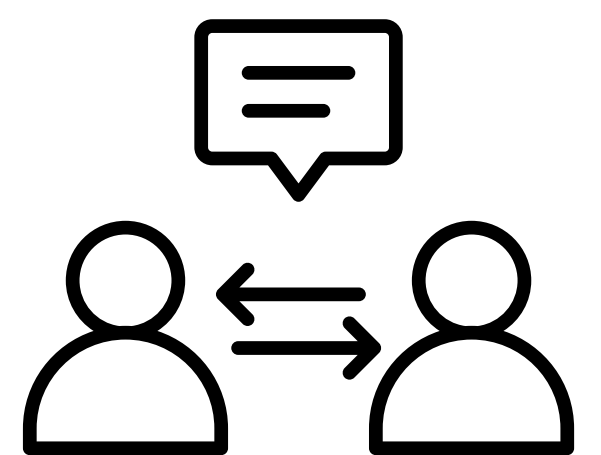


Workplace Adjustments & Environment

Supporting organisations to review and implement practical adjustments, from working styles to environments; enabling individuals to perform at their best.

Communication & Team Dynamics

Improving how teams communicate and collaborate by recognising different processing styles, reducing misunderstanding and strengthening team connection.



Embedding Sustainable Inclusion

Helping your organisation to move beyond awareness into action by integrating neurodiversity into policies, culture and long-term wellbeing strategy.

Read some of our testimonials!

"I'd be very happy to recommend Seed Wellbeing based on our experience working with them. They have supported us across a number of wellbeing initiatives and what has stood out is the breadth and depth of their offering. Rather than focusing solely on standalone training sessions, they take a more holistic approach to wellbeing, helping organisations embed it within their wider culture and people strategy.

Throughout our engagement, we've found the Seed team to be thorough, professional and genuinely invested in achieving positive outcomes. Their recommendations have always been practical and grounded in the realities of running a business, rather than being purely theoretical. We've had a very positive experience and would certainly engage with them again in the future"

Becki Simmons, CEO - March 2026

"Our approach to mental health isn't for everyone (I wish it was!) but it means a lot when we meet and work with businesses like yours that are focusing on it. I don't believe there is a reason every business can't be a "mental health company first" and a ??? business second "

Ben Cloud, CEO - April 2026

"I wanted to say a huge thank for the MHFA training. This was my third session and honestly the best one yet, I'll definitely be recommending you to others. Meeting people like you who are helping to break down the stigma and educate others is really inspiring"

Autumn Keeping, Head of HR - Jan 2026

"Jodie visited the University of Portsmouth to deliver a presentation related to financial wellbeing. The session was fantastic in helping employees understand how to feel more in control of their finances and make the most of their money. Many of the attendees fed back that they valued the personal approach Jodie had, I feel as a result, myself and wider colleagues are now in a better position to make the most informed and confident decisions when it comes to our finances"

Portsmouth University, Staff Side Rep - Jan 2026

"Biscoes Solicitors has worked with Hannah for some time and she has brought clarity to our employee wellbeing programme and been an excellent source of support to Holly Griffin. I am so pleased to recommend Seed Wellbeing to any business"

Alison Lee, Biscoes Solicitors March 2026

"When Hannah shared about her personal experiences, I related to how she felt lost growing up. Her honesty as a professional I think was special. A lot of us think the therapist or doctors have never experienced poor mental health or have struggles, because we never hear from them. I found Hannah so inspiring, the team of professionals are just a normal human as us! "

Chris Davis, Community workshop April 2026

What's Next?



As an multidisaplinary team of professionals with over 2 decades of experience collectively, we support leadership teams and their wider organisation to embed mental health and wellbeing into the heart of their culture. In a professional landscape defined by constant change, high expectations and increasing mental demands, wellbeing is not a soft issue. It is a core driver of performance, reputation, and sustainability.

Investing in wellbeing is about investing in your people, because people are your most valuable asset.

Are you are interested in exploring this training offer for your organisation?

Contact Us

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