

neuroinclusion
training.
coaching.
consultancy.

shape the
design.

adapt the
environment.

embed the
principles.

model the
behaviours.

transform the
culture.

about the founder.

A former primary school teacher with 19 years teaching experience, I have always been passionate about creating environments and structures that work for everyone.

I have spent the last 10 years providing support to people from all walks of life to overcome societal, non-inclusive barriers.

With experience delivering neuroinclusion support in public, private and third sector organisations, I have launched **include me. include you.** [aka imiy], a neuroinclusion training, coaching and consultancy provider.

Get in touch and let's talk all things inclusion.

Sean



about imiy.

We help turn your inclusion intentions into robust systems and practices that embed neuroinclusion into your organisation's DNA.

All of our services are built on lived experience and grounded in professional insight.

Whether taking your first steps or looking to develop neuroinclusive design across your organisation... **we can help.**



**not
deficits.**

what we do.

We create organisation-wide awareness, understanding and acceptance of neurodivergence.

We give managers and team leaders the knowledge and skillset to confidently drive neuroinclusive practice.

We provide neurodivergent employees with a user-friendly toolkit to remove workplace barriers.

“A highly enjoyable training session that has given me the tools and confidence to better support my neurodivergent colleagues.”

Emily, Raven House Trust

our services.

neuroinclusion training.

Move beyond generic neurodiversity training and learn how to build sustainable neuroinclusive systems and practices.

three tiers available: [neuro90](#) | [neuro210](#) | [neuro420](#)

workplace strategy coaching.

Support your neurodivergent staff with person-centred 1:1 coaching to improve their personal wellbeing and boost workplace performance.

neuroinclusion audit.

We identify your organisation's structural barriers to neuroinclusion. We then work with you to remove them.

our services.

AI Inclusion workshop.

Improve accessibility, drive equity and support workplace wellbeing by using AI as a neuroinclusive support partner.

bespoke project work.

From neuroinclusive roadmaps and white-labelled resources to complete cultural change, we deliver tailored solutions specific to your requirements.

Everything we deliver is built on two central pillars - professional insight and lived experience.

our services.

neuro- inclusion training.

the challenge.

Most training explains what neurodiversity is, but fails to provide actionable steps that can be implemented.

the solution.

A clear neuroinclusion framework that can be used immediately.

three options.

neuro90.

Foundational neuroinclusion training that everyone in your organisation needs.

90-minutes [1.5 hours] | from £299

neuro210.

Designed for managers and team leaders who support neurodivergent staff.

210-minutes [3.5 hours] | from £649

neuro420.

Designed for HR and EDI teams looking to drive organisation-wide neuroinclusive change.

420-minutes [7 hours] | from £1049

neuro90.

designed for.

Everyone. Neuroinclusion is driven by your entire organisation.

we cover.

- key terminology and concepts
- why neuroinclusion matters
- the medical and social models of disability
- neurodivergent workplace challenges
- inclusive language
- neuroinclusion expectations

takeaways.

- terminology and language booklet
- identify and remove workplace barriers
- neuroinclusion expectations poster

in-person or virtual
1.5 hours [90 mins]
max attendees: 50 in-person and virtual
from £299

neuro210.

designed for.

Managers and team leaders supporting neurodivergent staff day to day.

includes everything in neuro90: terminology, why neuroinclusion matters, models of disability, workplace challenges, inclusive language and neuroinclusion expectations.

additional topics covered.

- confident communication
- understanding executive functioning
- co-occurring neurodivergent conditions
- creating a neuroinclusive framework

includes neuro90 resources +

- confident communication guide
- executive functioning explained
- neuroinclusive manager framework

in-person or virtual
3.5 hours [210 mins]
max attendees: 25 in-person | 50 virtual
from £649

neuro420.

designed for.

Executive teams and senior leaders driving organisational change.

includes everything in neuro90 and neuro210: terminology, models of disability, workplace challenges, inclusive language and confident communication, neuroinclusion expectations, executive functioning, co-occurring conditions and building a neuroinclusive framework.

additional topics covered.

- how to assess workplace neuroinclusion
- the mental health and neurodivergence overlap
- moving beyond neurotypical norms

includes neuro90 | 210 resources +

- organisational neuroinclusion assessment
- mental health and neurodivergence guidance

in-person only
7 hours [420 mins]
max attendees: 20
from £1049

our services.

workplace strategy coaching.

the challenge.

Neurodivergent staff often struggle with neurotypical workplace systems, leading to reduced wellbeing and performance.

the solution.

A safe space for individuals to understand their neurodivergence and to build systems that work with, not against it.

our services.

workplace strategy coaching.

designed for.

Neurodivergent individuals, including those without a formal diagnosis.

primary areas of focus.

- executive functioning and energy management
- recognising and removing workplace barriers
- time management and task organisation
- communication and self-advocacy

you will receive.

- personalised workplace strategy plan
- a workplace adjustment request template
- executive functioning playbook
- accountability check-ins between sessions

in-person or virtual
90-minute sessions
blocks of 5 or 10
£699 | £1249

neuroinclusion audit.

the challenge.

Organisations waste significant time, energy, and budget reacting to the symptoms of non-inclusivity, without ever addressing the root causes.

the solution.

A robust audit across six core operational areas that will identify and eliminate non-inclusive design and practice.

our services.

neuroinclusion audit.

designed for.

HR leaders, EDI teams and organisational decision-makers.

audit areas of focus.

- the physical environment
- workplace culture
- policies and guidelines
- digital accessibility
- recruitment and onboarding
- workplace adjustment processes

you will receive.

- full audit report and executive summary
- a neuroinclusion roadmap
- policy review template for each core area

in-person and virtual
typically 2–4 weeks
from £749

AI Inclusion workshop.

the challenge.

You know that AI tools offer massive potential for productivity and performance, but most of your team are using it as an advanced search engine.

the solution.

Full access to our AI Inclusion Playbook that will show you how to eliminate built-in AI bias, create neuroinclusive prompts and ensure all your output aligns with neuroinclusive best practice.

our services.

AI Inclusion workshop.

designed for.

Everyday AI users who want clear, practical guidance.

you will learn how to.

- apply neuroinclusive principles to prompts
- build AI neuroinclusive frameworks
- teach AI how you like to receive information
- create an inclusion accessibility checker

you will receive.

our AI Inclusion Playbook including.

- pre-built neuroinclusive prompts
- custom instructions and frameworks
- a neuroinclusive accessibility checker

in-person or virtual
3.5 hours

max attendees: 10 in-person and virtual
from £849

bespoke project work.

the challenge.

Off-the-shelf neuroinclusion training doesn't fit your complex organisational structure.

the solution.

We help you identify barriers and develop a tailored solution, integrating the systems, practices and frameworks that will embed neuroinclusion into your organisation's DNA.

Give your team the tools and
confidence to be the best
versions of themselves.

bespoke project work.

designed for.

Organisations that are undergoing structural change, scaling rapidly, or who have identified inclusion as a key performance indicator.

examples of work.

- white-label policies and guidance
- implementation guides for managers
- white-label train-the-trainer presentations
- support setting up neuroinclusion ERGs
- ongoing consultancy

**format, duration and
cost agreed per project**

ready to become neuroinclusive? Book a 20-minute discovery call and let's discuss.

- your current challenges and barriers to neuroinclusion.
- what you are looking for in a neuroinclusion partner.
- how we can help.



click to book a discovery
call or scan the QR code

info@imiy.co.uk
+44 7847 208 230

n.b. prices include VAT / travel expenses billed separately [if applicable]



differences

**not
deficits.**