



FREE SUPPORT GROUP

Support for individuals struggling with neurodiversity, chronic illness, or invisible disabilities in the workplace

IS THIS YOU?

- Are you frustrated that, sometimes, it feels like your supervisor or coworkers don't seem to understand you, yet you're not comfortable to say anything?
- Have you been wondering how you can advocate for yourself and your peers without feeling like you're stepping out of line?
- Do you feel overwhelmed by your to-do list, and find yourself resentful about tasks and other nuances of the day even when not at work?

MEETING INFO

Date: 4th Wednesday of every month

Time: 12:00-1:00pm MST

Location: [https://us06web.zoom.us/meeting/register/tZMrde6vpjkjEtyeuW1NAX1WhMvQ5h_udZ5d](https://us06web.zoom.us/join/zoom-join?join_url=join_url&join_token=1WWhMvQ5h_udZ5d)



GET SUPPORT ON...

- Fostering inclusive channels of communication with your team that allow you to feel safe to speak up and share your perspective, claiming ownership of your unique experiences and contribution to the team.
- Gracefully advocating for yourself and your team, so that everyone feels seen and understood.
- Centering and grounding yourself to release stress and increase productivity. Learn how to finish the day feeling valued and accomplished, with energy left over to enjoy life outside of work.

HOSTED BY

Jenn Grindeland

After experiencing two traumatic brain injuries while working as part of a team, I witnessed how confused my supervisors and peers were with how to handle my new needs. I now teach teams leadership and communication skills that are designed to support equity for and inclusion of neurodivergent, chronically ill, and invisibly disabled employees.

Arianne Noble

With over a decade of experience working as a therapist, mentor, and coach, I have an eclectic approach that includes attachment, shamanic work, skill building, and parts work. Being neurodiverse myself, I approach everyone individually and work to help each person discover what works for them. It brings me joy to watch sparks of passion grow in people's lives as we move through this process of discovery!

CONTACT INFO

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