

# Champions for Difference



The Champions for Difference Programme is CPD-certified training expertly designed to develop confident, informed Champions who can drive meaningful cultural change across workplaces and communities.

## Turning Inclusion Into Everyday Practice

Many organisations and communities are facing similar challenges:

- Inclusion values not translating into daily experience
- Rising neurodiversity awareness, but low confidence in how to respond
- Communication breakdowns, stress and disengagement
- Managers and teams are unsure how to support different needs
- Too much responsibility sitting with HR or EDI teams alone

Champions for Difference was created to address these issues and move from awareness to sustained inclusive practice.



The programme has strengthened my ability to contribute to environments where people feel valued, understood, and included.



I'm more mindful of creating psychological safety... encouraging openness, listening without judgement.



Delivered over six interactive 2.5-hour sessions (online or in-person), the programme blends lived experience, evidence-informed practice and practical strategy to move beyond awareness into action.

### Key Topics

- Exploring Difference and Identity
- Psychological Safety and Belonging
- Neurodiversity and Inclusive Practice
- Equity and Intersectionality
- Trauma-Informed Communication
- Inclusive Language and Leadership
- Designing Sustainable Change

### Participants Gain:

- Practical tools for inclusive practice
- Greater confidence supporting neurodivergent individuals
- Stronger communication and leadership skills
- The ability to influence positive cultural change

Written and delivered by Liz Day, Founder of Collectively Diverse CIC and an experienced neuroinclusion specialist combining professional expertise, lived experience and evidence-informed practice to create engaging, psychologically safe learning environments.



[www.collectivelydiverse.co.uk](http://www.collectivelydiverse.co.uk)  
[liz@collectivelydiverse.co.uk](mailto:liz@collectivelydiverse.co.uk)  
07967 014464



# Neuroinclusion Training



## What is Neuroinclusion?

Neuroinclusion refers to environments where people with different ways of thinking, learning and communicating (including ADHD, autism, dyslexia, dyspraxia and Tourette's) feel understood, supported and able to thrive.

### Are You Experiencing...

- Retention, attendance and wellbeing concerns?
- Communication breakdowns and misunderstandings?
- Inclusion strategies that do not translate into everyday practice?
- Increased stress, burnout and disengagement?
- Managers lacking confidence to support neurodivergent staff or customers?

This training will unlock the strengths, talent and potential already within your organisation.

### Our Solutions For You

Practical, evidence-informed training designed to help organisations create psychologically safe, inclusive environments where people can perform at their best.

- 2-Hour Introduction Session: Practical awareness and confidence-building for teams and leaders
- Full-day Neuroinclusion Workshop: Deep-dive training including communication, leadership, reasonable adjustments, wellbeing and culture
- Bespoke Programmes: Tailored training pathways, leadership sessions, consultancy support which can be delivered alongside the CPD-certified Champions for Difference Programme and First Aid in Mental Health training.

Written and delivered by Liz Day, this training combines professional expertise, lived experience and evidence-informed practice to create meaningful, practical and psychologically safe learning experiences.

“Nothing beats a learning process which is rooted in the personal experience of the tutor. Liz weaved in her own journey as a neurodivergent individual with great effect, and her light touch approach created a relaxed and receptive environment.”



Collectively  
Diverse



[www.collectivelydiverse.co.uk](http://www.collectivelydiverse.co.uk)  
[liz@collectivelydiverse.co.uk](mailto:liz@collectivelydiverse.co.uk)  
07967 014464



Collectively  
Diverse

# Mental Health Training



## What is First Aid for Mental Health Training?

Practical, inclusive and confidence-building training, designed to help people recognise, respond and support mental health challenges safely and compassionately.

### Are You Experiencing...

- Staff or teams struggling but unsure how to start conversations?
- Managers lacking confidence supporting mental wellbeing?
- Rising stress, burnout or disengagement?
- Concerns around psychological safety and workplace culture?
- Mental health awareness that doesn't translate into practical action?
- Fear of "saying the wrong thing" when someone is struggling?

Many people care deeply... but freeze in the moment because they do not feel equipped to respond confidently.



I am very grateful for the opportunity to take this course. The trainer was incredibly supportive, and the course content was practical and valuable. I feel confident in the skills I have learned and highly recommend this training.



### Our Solutions For You



- Half Day Level 1 Award in Awareness of First Aid for Mental Health: Practical introduction to mental health awareness and supportive conversations.
- Full Day Level 2 Award in First Aid for Mental Health: Interactive, scenario-based training designed to build confidence in recognising and responding to mental health difficulties.
- Bespoke Mental Health & Wellbeing Workshops: Tailored sessions for workplaces, education, sport and community organisations focusing on wellbeing, psychological safety and inclusive support.

### This training combines:

- Ofqual-regulated qualifications through First Aid Awards Ltd and quality-assured Nuco Training
- Professional expertise across education, inclusion, wellbeing and sport
- Academic knowledge and evidence-informed practice
- Lived experience of mental health and neurodivergence
- Inclusive and neuroinclusive delivery adapted to different learners
- Interactive learning using realistic scenarios and practical discussion



Collectively  
Diverse



[www.collectivelydiverse.co.uk](http://www.collectivelydiverse.co.uk)  
[liz@collectivelydiverse.co.uk](mailto:liz@collectivelydiverse.co.uk)  
07967 014464



Collectively  
Diverse