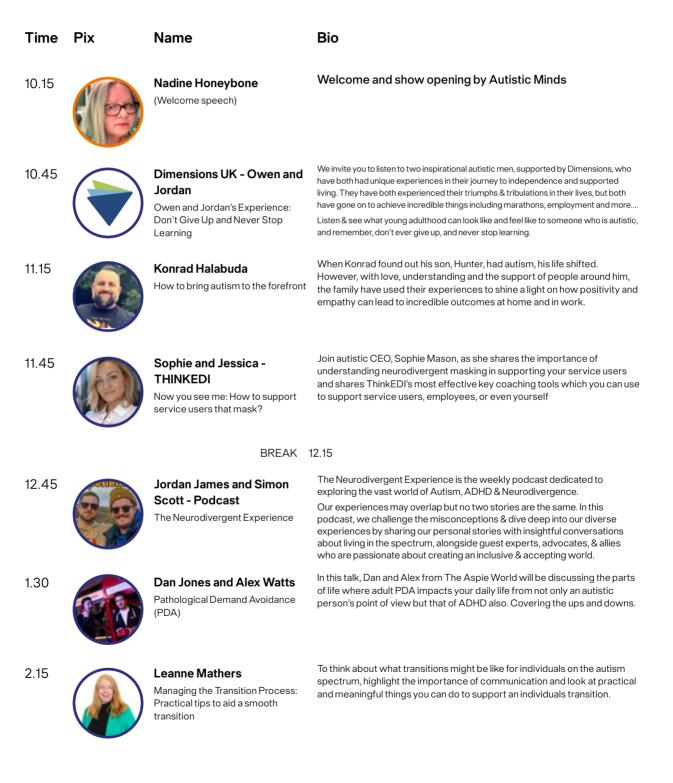
# speakers

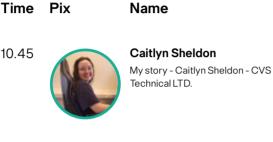
### **Chairmans Lounge**

Sponsored by Merlin Entertainments





## speakers 2 Captains Lounge





Amber Okpa-Stother How to support neurodiversity in the workplace

#### Bio

Caitlyn, a 24-year-old autistic entrepreneur, started a business after feeling marginalised & overwhelmed in traditional jobs. Drawing on her troubleshooting skills & love for IT, she launched her repair and support business. CVS Technical LTD promotes inclusivity, welcoming neurodiversity & prioritises honest, straightforward customer interactions. Her efforts extend to advocating for autism acceptance in workplaces, supporting the LGBT community, and encouraging others to embrace diversity and see how valuable neurodiverse people are to the workplace.

The talk is about how to support neurodiversity in the work place . It gives tips and advice to employees about how to do this with people who are neurodiverse.



12.45

1.30

#### Stephen Ash

Working alongside the NHS and the Senedd as a represented of Wales Mental Health and Wellbeing forum

Patrick Samuel & Hakon X

Celebrating Autistic Culture: Our

Contributions and Impact

Visual Symphonia - Managing

Autism, Synesthesia and

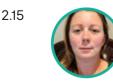
Misophonia

My experience with mental health and Autism and how I used my skill's to help come up with the neurodiverse policy when I was apart of the Senedd advisory board and how you can work within the Health board to improve service for people with learning disability and mental health problems.

#### BREAK 12.15

Patrick and Hakon X have been at each other's side for over 20 years. In that time, they've recognised their neurodiversity as something that not only unites them and makes them allies, but also gives them unique abilities with which they face their challenges as partners, artists and performers as the dark rock duo Visual Symphonia. As a joint presentation, they'll be sharing how they've supported and enriched each other not just in their creative efforts, but daily lives as well.

Autistic Culture Podcast host, Angela, explores the rich & unique tapestry of autistic culture, highlighting significant contributions of autistic individuals from the invention of the first stone tools to advancements in technology & the arts. She will delve into the core values of autistic culture, such as deep thinking, pattern recognition, & commitment to justice & honesty. By celebrating these, Angela aims to break down stigmas, advocate for greater acceptance, & demonstrate how embracing neurodiversity enriches society. Angela highlights joy, resilience & creativity in our community, as the audience discovers the profound impact of autistic minds on our collective cultural heritage.



#### Jodie Clarke

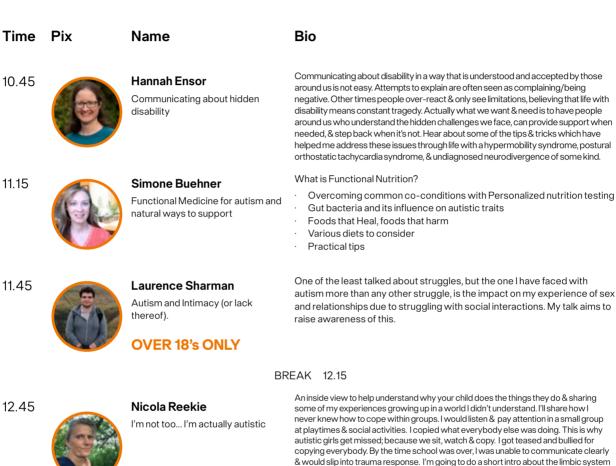
**Angela Kingdon** 

Stop the world I want to get off; an introduction to autistic burnout in children and young people

This talk will comprise of information and insight to aid recognition, recovery and prevention of autistic burnout in children and young people. This talk is being delivered ahead of Jodie's book with the same title, which is due to be released by Jessica Kingsley Publishers in Jan. 2025.

11.15

### speakers **Fred Keenor Suite**



1.30

#### Alex Swift

Re-Defining Our Lives: Towards a Social Understanding of Neurodiversity

2.15



#### **Paul Griffiths** Late Diagnosis in Adulthood

never knew how to cope within groups. I would listen & pay attention in a small group copying everybody. By the time school was over, I was unable to communicate clearly & would slip into trauma response. I'm going to do a short intro about the limbic system and why I'm hosting Nanny Aut in The PDA Space. I find learning about how our brain works is very helpful for late identified autistics, helping us identify ourselves better.

This presentation makes the point that how we define autism, shapes our understanding of the condition, as a society. The talk touches on and, strongly advocates for, the social model of disability, drawing on my personal experiences having assessments, & coming to understand & define the condition for myself. In the presentation I will conduct a thought experiment, describing "neuro-typical traits in the same way you often see autistic traits presented in the media, to illustrate the importance of language in these discussions. The talk is will challenge preconceptions about autism & give a different perspective on how they think about disability!

Diagnosis at 56 - the challenges faced, assessment process, working to strengths, visual mind and how can recite information such as every King and Queen of Britain since 757 - how this memory aid has transformed into four fellowships - masking in my roles as Associate Director/Head of Health and Safety, with plus and negatives of this - personal executive functioning issues such as self care, money etc - need for routine - change of attitude since diagnosis