

Monthly Newsletter

REAL LIFE
LEARNING LTD

February 2025

WELCOME TO REAL LIFE LEARNING

Welcome to our newsletter!

As February comes to a close, we're excited to share this month's edition of our newsletter!

At Real Life Learning, we're grateful for your continued support in championing neurodiversity and disability inclusion.

Together, we're making strides toward more inclusive workplaces where everyone has the opportunity to thrive. As we move into a new month, let's keep the momentum going and continue creating positive change.

Wishing you a wonderful March ahead!

We hope you enjoy reading about this month's events. Don't forget to follow us on social media to stay up to date with our latest news.



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@RealLLearning



@real-life-learning-limited

*Real Life Learning
Ltd Team*

In this month's newsletter:

February: A Month of
Love for All Minds

Why I Became a
Coach - Amy Louise

Discover Coaching at
RLLL

Neurodiversity in
Winter: Embracing
the Season of
Adaptation

Client Testimonial -
Victoria

Eating Disorder
Awareness Week

Reminder: Access to
Work funding

Neurodiversity: A Month of Love for All Minds

As February ushers in a season of love and connection, it's the perfect time to also reflect on the love and appreciation we show toward those with diverse ways of thinking.

Neurodiversity - recognising that different brain wiring is part of the natural spectrum of human variation - deserves to be celebrated. This month, let's extend our love and compassion to the neurodiverse community, appreciating the unique perspectives and strengths that neurodivergent individuals bring to our lives.

What Does Neurodiversity Really Mean?

Neurodiversity is the concept that neurological differences such as autism, ADHD, dyslexia, and others are not disorders or deficits, but variations of the human brain. It's a reminder that not everyone experiences or processes the world in the same way.

Neurodiverse individuals often have a different approach to problem-solving, creativity, and social interaction, and their unique perspectives can offer immense value to society.

Recognising Strengths in

Neurodiverse Individuals

While it's easy to focus on the challenges that neurodivergent individuals may face, it's just as important to highlight their strengths.

Many neurodiverse individuals possess remarkable abilities, such as extraordinary focus, creative problem-solving, or the ability to think outside the box. These strengths contribute to innovation and push boundaries in various fields - whether in technology, art, education, or business. Embracing these strengths, rather than focusing solely on differences, allows us to create environments that celebrate all ways of thinking.

Breaking Down Barriers in Society

Too often, neurodiverse individuals face barriers in society - whether in education, the workplace, or social environments - simply because their way of thinking doesn't fit within the "norm." But this doesn't mean they can't thrive. By actively working to create inclusive spaces, we can help break down these barriers. This might include offering sensory-friendly spaces, adopting flexible communication styles, or simply being more patient and understanding.

When neurodivergent individuals are supported and given the tools they need to succeed, they can flourish and bring their valuable perspectives to the table.

Neurodiversity: A Month of Love for All Minds

(Continued)

How You Can Show Love for Neurodiversity

This month, let's commit to spreading love and appreciation for neurodiversity by being more inclusive and supportive in our daily lives. Here are a few simple actions to take:

- **Practice Empathy**

Take the time to listen and understand neurodiverse individuals. Whether it's understanding sensory sensitivities or appreciating different communication styles, empathy goes a long way in making others feel seen and respected.

- **Be Open to Different Perspectives**

Encourage neurodiverse individuals to share their unique ways of thinking. You might find that their approach to a problem or task can lead to innovative solutions that others might not have considered.

- **Support Inclusive Education and Workplaces**

Advocate for policies that create accessible, inclusive spaces for neurodiverse people in schools and the workplace. Whether it's offering accommodations or simply creating a more flexible environment, inclusion benefits everyone.

- **Celebrate Achievements**

Recognise the accomplishments of neurodiverse individuals and highlight their contributions. Every step forward is a win for diversity and inclusion.

Conclusion: Love for All Minds

As we reflect love this month, let's extend that love beyond just romantic gestures. Let's embrace the love for all minds, appreciating that neurodiversity is a vital part of our shared human experience. By creating spaces of understanding and acceptance, we enrich our communities and make them stronger.

Just as the world is richer for its diversity in culture, race, and backgrounds, it is also richer for the diversity of minds that we should all celebrate.

Let's take away from February a mindset of truly inclusive love—one that honors neurodiversity and the incredible strengths and talents of all individuals.



Why I Became a Coach - Amy Louise

I never set out to become a coping strategy coach. In fact, for much of my life, I didn't even have the words to explain why certain things felt so much harder for me than they seemed to be for others. I just knew that I was constantly exhausted from trying to fit into spaces that didn't quite accommodate me, from masking my struggles, and from battling the relentless cycle of burnout and anxiety that came with people-pleasing.

It wasn't until my own neurodivergent diagnosis that things started to make sense. The overwhelm, the sensory sensitivities, the executive function challenges, and the deep, internalized self-criticism, they weren't personal failings. They were signs that my brain was wired differently, and that the world around me wasn't designed with that difference in mind.

From Survival to Strategy

Like so many neurodivergent individuals, I spent years navigating life in survival mode. I developed coping mechanisms, some helpful, some harmful just to get through school, work, and social interactions. But it wasn't until I started prioritizing self-care, setting boundaries, and truly understanding how my mind worked that I realized something important: I don't have to just "get through" life. I can learn to and will thrive. That realization led me to coaching. I wanted to take everything I had learned from the hard-earned strategies, the trial-and-error lessons, the deep empathy I had developed for others who were struggling and use it to support people like me.

People who were feeling stuck, overwhelmed, and exhausted. People who needed permission to stop fighting against themselves and instead start working with their strengths.

My Personal Values in Coaching

My journey isn't just about strategy, it's also about values. Everything I do as a coach is rooted in a few core principles and it's so important if you are searching for a coach that you understand how they operate and if they are the right person for you.

My Values in coaching and be aligned to these principles:

- ◆ Compassion Over Perfection – Neurodivergent individuals often hold themselves to impossible standards. I've been there. I want my clients to know that they are already enough, exactly as they are. Progress isn't about perfection; it's about self-acceptance and small, meaningful changes.
- ◆ Empowerment Through Understanding – So much of the frustration we experience comes from not fully understanding our own needs. I help my clients build self-awareness so they can advocate for themselves and create environments that support them, rather than force themselves into spaces that don't fit.
- ◆ Practical, Personalized Strategies – No two people are the same, and no single strategy works for everyone. I work with my clients to develop practical, tailored coping mechanisms that fit their unique lives, strengths, and challenges.
- ◆ Preventing Burnout Before It Starts – I learned the hard way that constantly pushing through exhaustion doesn't work. My coaching is designed to help people create sustainable systems for self-care, boundary-setting, and emotional regulation—so they can break the cycle of burnout instead of repeatedly falling into it.

Why I Became a Coach - Amy Louise (continued)

The Benefits of Coaching

Coaching isn't about forcing change or following rigid systems for me it's a journey, it's about understanding yourself better and creating strategies that genuinely work for you.

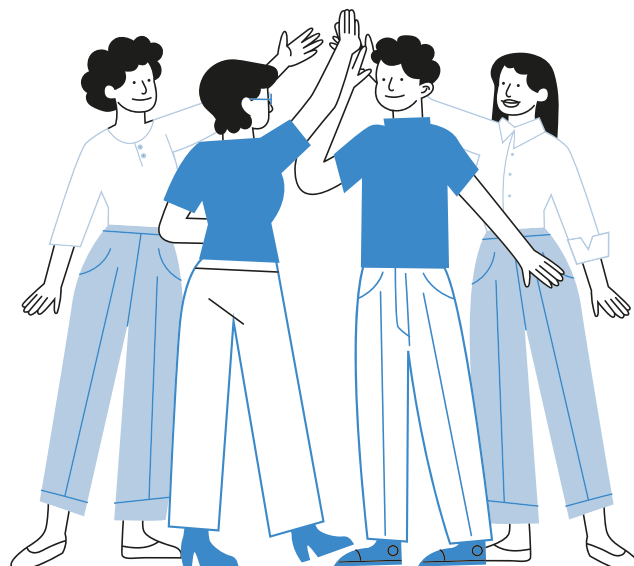
Some of the key benefits from my coaching include:

- ✓ Clarity & Self-Awareness – Understand how your brain works, why certain things feel challenging, and how to harness your strengths.
- ✓ Reduced Overwhelm – Learn strategies to manage stress, sensory overload, and executive function challenges.
- ✓ Increased Confidence – Build self-trust and self-advocacy skills, so you can set boundaries and communicate your needs effectively.
- ✓ Better Emotional Regulation – Gain tools to navigate emotions, intrusive thoughts, and anxiety in a healthy, sustainable way.
- ✓ Sustainable Routines & Habits – Develop systems that fit your life, so you don't have to rely on willpower alone.

Work With Me

If any of this resonates with you, I'd love to support you in finding strategies that work for your unique mind. Coaching is a collaborative process, and together, we can create a roadmap that helps you move forward with more ease, confidence, and self-acceptance.

If you'd like to explore working with me as your assigned coach, feel free to get in touch. Let's find ways to help you not just survive, but truly thrive.



Discover Coaching at RLLL

Are you navigating life or work with a neurodivergent profile or disability? Our coaching sessions are designed specifically for individuals like you, providing the support, tools, and strategies to help you thrive in a world that often isn't built for everyone.

What Our Coaching Offers:

- **Tailored Strategies for Real Life:** Practical tools to help you navigate workplace challenges, improve self confidence, and embrace your disability.
- **A Safe, Supportive Space:** We understand the unique experiences and barriers faced by neurodiverse and disabled individuals. Our sessions offer a judgment-free, empathetic environment where you can explore your challenges and goals.
- **Experienced Coaching:** With lived experience and professional expertise, our coaches are ready and prepared to guide and support you on your journey.

How to Get Started with Coaching

Ready to take the next step?

Getting started with our coaching sessions is simple, and thanks to Access to Work funding, there's no cost for eligible individuals. We can help you understand the application process and ensure it's as seamless as possible.

Why Wait?

With Access to Work funding available, there's no financial barrier to accessing the support you deserve. We're here to empower you with the tools and strategies to succeed, all within an inclusive environment.

Contact us at

info@reallifelearning.co.uk or **07794 380601** to learn more about our coaching services and how they can work for you. We'll guide you through the process and answer any questions you have.



Neurodiversity in Winter: Embracing the Season of Adaptation

As winter settles in and the world around us slows down, it offers a perfect opportunity to reflect on how we adapt to changing environments. Just as winter can bring its own set of challenges, neurodiverse individuals often navigate the world in unique ways that require understanding and flexibility.

Whether it's dealing with sensory sensitivities, different learning styles, or communication preferences, winter - like neurodiversity - can be about finding new approaches to thrive.

Navigating Winter Challenges

For neurodiverse individuals, winter's cold and darkness may bring added challenges. Sensory sensitivities to things like bright lights, loud noises, or even the feel of heavy winter clothing can make the season feel more overwhelming. By understanding these challenges and making small adjustments - like offering sensory breaks or choosing softer fabrics - we can help create more comfortable and inclusive environments for neurodiverse individuals during the winter months.

Adapting to the Season

Just as we adapt to shorter days and colder weather, embracing neurodiversity means finding ways to adjust our environments and expectations.

This could mean offering more flexible schedules, creating quiet spaces, or simply being mindful of different communication styles. Small changes can make a significant difference in ensuring everyone feels included and supported.

The Strength of Neurodiversity in Winter

Winter can also be a time of reflection and creativity, and neurodiverse individuals often shine in these quieter, slower months. Their unique perspectives can bring fresh ideas and solutions to seasonal challenges. Whether it's through inventive problem-solving, attention to detail, or innovative thinking, neurodiverse individuals bring strengths that should be celebrated year-round.

Conclusion: Embracing Adaptation

Winter is a season of change, and so is the journey of embracing neurodiversity. By recognizing and adapting to the unique needs of neurodiverse individuals, we create an environment where everyone can flourish. Just like we adapt to the cold months, we can adapt our attitudes and actions to foster inclusion and understanding, making the world a more accessible place for all.



Client Testimonial

"I think the sessions with Victoria have been very useful and have made me reflect on my current situation.

They have allowed me to take a step back and have a birds eye view on what's happening and what I need to change.

I tend to ignore difficulties and struggles and be dismissive about them but the sessions have helped me to see what I need to do, how to do it and when."

James Prescott

"The coaching sessions were extremely helpful and useful. Victoria helped be to be more aware of what I needed to change in order to move forward.

The sessions helped me to focus on what I needed to do to achieve the change and to break this down into small achievable sections."

Amy Scott



Thank you to both James and Amy for such a great reviews.

If you're interested in also receiving coaching sessions from Victoria Beddow, our talented coach, get in touch!

Eating Disorder Awareness Week

February 24 – March 2, 2025

This week is dedicated to raising awareness, challenging stigma, and promoting understanding about eating disorders. It's a time to amplify voices, educate others, and ensure that those struggling receive the support they deserve.

What is Eating Disorder Awareness Week?

Eating Disorder Awareness Week (EDAW) is a dedicated time to raise awareness, challenge stigma, and promote understanding about eating disorders. It's about education, advocacy, and ensuring that those struggling receive the support they deserve. This year, we're focusing on breaking down misconceptions and highlighting the real experiences behind eating disorders.

Why is this awareness so important?

♥ **Early Intervention Saves Lives** – The sooner someone gets support, the better their chances of recovery. Awareness helps people recognize the signs in themselves or others.

♥ **Breaks Down Stigma & Shame** – Many people with eating disorders suffer in silence due to fear, guilt, or feeling like they "aren't sick enough" to seek help. Awareness fosters understanding and compassion.

♥ **Encourages Inclusive Conversations** – Neurodivergent individuals often experience eating disorders differently, with sensory sensitivities, rigid routines, and emotional regulation challenges playing a role. More awareness means more tailored, effective support.

♥ **Challenges Harmful Narratives** –

The idea that eating disorders only affect young, thin, white women is outdated and harmful. They affect people of all genders, races, body types, and backgrounds. Awareness shifts these perceptions and ensures more people feel seen.

♥ **Pushes for Better Support &**

Resources – Awareness leads to better policies, training for medical professionals, and more accessible treatment options. Without ongoing conversations, many people are left without the care they need.

Eating disorders are not just about food.

They are complex mental health conditions that can affect anyone. For some, they stem from control, anxiety, trauma, or sensory sensitivities—especially for neurodivergent individuals, where routines, textures, and emotional regulation play a huge role.

How can you support?

- ◆ Listen without judgment, shame thrives in silence.
- ◆ Avoid comments about appearance "you look healthy" isn't always helpful.
- ◆ Understand that recovery is not linear, and compassion is key.
- ◆ Advocate for more awareness in workplaces, schools, and communities.
- ◆ Encourage a healthy relationship with food that is about nourishment, not fear.

Eating Disorder Awareness Week

February 24 – March 2, 2025

How Can Coping Strategy Coaching Support?

Coping strategy coaching can be a lifeline for individuals navigating eating disorders, especially those who are neurodivergent or dealing with co-existing mental health challenges.

Here's how it can help:

◆ Identifying Triggers & Patterns

Understanding what contributes to disordered eating behaviours, whether it's emotional regulation, sensory sensitivities, anxiety, or trauma—can empower individuals to develop healthier coping mechanisms.

◆ Building Emotional Regulation Skills

Eating disorders are often linked to overwhelm, control, and emotional distress. Coaching provides tools to process emotions in a healthier way, reducing reliance on food-related coping.

◆ Supporting Routine & Structure

For neurodivergent individuals, rigid routines around food can feel safe but restrictive. Coaching helps build flexibility while maintaining a sense of security and control in a healthier way.

◆ Challenging Unhelpful Thoughts

Negative self-talk and perfectionism often drive disordered eating. Coaching introduces self-compassion strategies and reframes harmful beliefs about food, body image, and self-worth.

◆ Encouraging Sensory-Friendly Approaches

For those with sensory sensitivities, food textures, smells, or routines can be overwhelming. Coaching helps explore alternative approaches that feel safe and sustainable.

◆ Providing Accountability & Support

Healing isn't linear, and having a coach to offer guidance, celebrate progress, and adjust strategies makes a huge difference in maintaining long-term recovery.

♥ **Coping strategy coaching doesn't replace professional medical support, but it does provides practical, person-centred tools to make everyday challenges more manageable.**

If you or someone you know is struggling, please know you are not alone.

Support is available at beateatingdisorders.org.uk, where you can find information, helplines, and recovery resources.

And please get in touch with us for coping strategy services.

Amy Louise

Reminder: Access to Work Funding

Did you know the UK's Access to Work scheme can provide financial support to help you overcome work-related barriers caused by a disability or health condition? From specialised equipment to personal assistance, this funding is designed to help you succeed in your workplace.

Here's how we can help:

- **Guidance Through the Application:** We'll walk you through the process to ensure your application is accurate and thorough.
- **Tailored Advice:** We'll help secure you the right support, like a PA or virtual assistant.
- **Ongoing Support:** Whether you're an employer or an employee, we're here to make the process stress-free and successful.

If you're not sure where to start or have questions about eligibility, get in touch today—we're here to help you unlock the support you deserve!



Access to Work
Making work possible

Thank you for reading!

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