



Neurodivergent Workplace Profiler Consultation with Dr Katy Stevens, Clinical Psychologist

We are offering a strengths-based consultation for neurodivergent adults navigating work, burnout, and reasonable adjustments.

This specialist consultation offers a calm, structured space to understand:

- How you work best
- What drains you at work (even when you appear “high functioning”)
- What reasonable adjustments would genuinely support your wellbeing and performance

What this consultation includes:

- A 60-minute one-to-one consultation with a highly experienced Clinical Psychologist with a specialism in workplace burn out and adjustments. Read more about Katy here [Dr Katy Stevens | Discover Difference](#)
- A collaborative exploration of your workplace strengths and energy profile, burnout patterns and early warning signs, specific challenges related to neurodivergence, sensory load, communication, or executive functioning.
- Practical mapping of reasonable workplace adjustments, prioritised for impact.
- A written Workplace Profiler Summary.

This is not a performance assessment or fitness-to-work evaluation. It is a supportive, strengths-based profiler designed to help you advocate for the conditions you need to thrive.

Who this is for:

- Autistic, ADHD, or AuDHD adults
- Neurodivergent professionals experiencing burnout or near-burnout
- People who know they are capable, but exhausted by masking or misfit
- Those preparing to request reasonable adjustments or return to work

What you'll leave with

- Clarity about your strengths and limits
- Language to explain your needs with confidence
- A brief written summary you can use with your employer
- Reduced self-blame and increased self-trust

Consultations are held online and are £295 (with report). A limited number of places are available - please email us to find out more - hello@discoverdifference.co.uk

<https://www.discoverdifference.co.uk/>