Embracing Change:
A Journey of
Advocacy and
Resilience



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Embracing Change in professional and personal life

Achievements

Collaborations

Challenges

Lessons



Personal Challenges on the Journey

Navigating Health Struggles

Discrimination

and Burnout

The beginning – Work with Local Authorities

Role as an Educational Psychologist

The need to shift perceptions of autism

Strategies for inclusivity and community support



Building Networks for Change

Co-founding ASIG-EP

Knowledge exchange and collaboration

Book publication during COVID 19



Advocacy and Systemic Change

Challenge to the BPS

Issues with peer-review process

Advocacy for transparency

Resulting in positive change



Expanding Impact - work with NAS

Autism awareness in minority communities

Anti-racist practice guidelines

Supporting equality and diversity



Grassroots Advocacy:

A2nd Voice Collaboration

- Community Based Support
- Tailored Grassroots Initiatives
- **Empowering change from within**



Key Lessons and Insights

- Resilience
- Collaboration
- Balance



Embracing Change Together

Reflecting Achievements and Challenges

Encouragement to embrace change

Invitation for discussion