



GROOOPS

DYSLEXIA AWARE COUNSELLING

Presentations & Events Review

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GroOops Dyslexia Aware Counselling

GroOops Dyslexia Aware Counselling is a registered Charity (No: 1168098) focusing on developing resilience building, therapeutic, dyslexia aware approaches and promoting awareness generally of the emotional repercussions of dyslexia.

In addition to counselling, coaching, groupwork, supervision and training addressing dyslexia related issues, our founder provides **keynote speeches**, **lectures** and **workshops** with other partnerships by arrangement.



Pennie Aston

Director and Founder of GroOops Dyslexia Aware Counselling (GDAC) .

(Assessed as an adult, Pennie is dyslexic herself and has raised a neuro-diverse family.)



We use the term 'Dyslexia' because it is the most common of all Sp.L.D.s. What we do is largely applicable to all the other neuro-diverse conditions known to be related such as Dyscalculia, A.D.H.D., A.D.D., Autism Level 1 (Asperger's Syndrome), Dyspraxia and Dysgraphia. Many of these conditions can overlap and often coexist.



Presentations & Events

- We deliver presentations, webinars and workshops for associate dyslexia specific and other interested organisations.
- We produce informative videos to enlighten interested parties about the emotional repercussions of dyslexia and advise what they can do about it.
- We work with colleges, universities, HR departments etc., to up-skill their managers whilst working with individuals on the emotional repercussions.

Examples of Previous Presentations



1. **Addressing the Emotional Repercussions of Dyslexia**
2. **Mad, Bad, Sad – or just dyslexic?**
3. **Being Dyslexic and Coming to Terms With Who You Are.**
4. **How to understand your resident dyslexic...(partner/manager/worker/child) Please insert as appropriate!**
5. **Relationship 101 - Understanding the Dyslexic in Your Life.**
6. **Impact of Dyslexia (And Other Neurodiverse Conditions) on Learners' Mental Health.**
7. **Dyslexic Wellbeing - The 8 D's of Dyslexia.**



1. Addressing the Emotional Repercussions of Dyslexia

10% of the population are thought to be dyslexic with about 4% being severely so. Many will be adults and, given that it is only in the last twenty years or so that dyslexia in adulthood has been widely recognised, a great number of this group will be ignorant of how dyslexia can impact on the emotions thinking it's just about reading and writing.

This talk gives listeners an understanding of:

- How dyslexia can impact on the emotions
- When and why dyslexia impacts on emotions.
- Life stages and experiences specific to dyslexia that can create an environment for emotional disharmony and confusion.
- A full appreciation of the strengths and weaknesses of Dyslexia
- Creative and psycho-educational strategies to support the development of self-knowledge, resilience, self-control and self-advocacy

“This presentation to our members regarding ‘Addressing the Emotional Repercussions of Dyslexia’ was an insightful and interesting talk. For one and a half hours Pennie held the audience with her knowledge and appreciation of living with dyslexia, in particular how it can impact on the self-worth of a dyslexic. She used strong imagery to reflect the life stages and experiences specific to dyslexia. Indeed one of our 15-year-old members had a moment of clarity when Pennie discussed the anger and frustration that may come when you find it difficult to express yourself. She talked about dealing with the issues and challenge’s that being dyslexic bring. Giving useful and helpful strategies to support the development of self -confidence and resilience. All our members found it engaging and wanted to explore the opportunity of a parent’s workshop.”
- Kent West Dyslexia Association



2. Mad, Bad, Sad – or just dyslexic?

This talk is about the constitutional nature of dyslexia and neuro-diversity in general and how it can impact on the emotions and thus, on every aspect of a person's life. Under discussion is whether any particular approach better facilitates the development of self-knowledge, self-efficacy and resilience. We will also question whether we need specific dyslexia aware counsellors and if so, does it help for the counsellor to be dyslexic - or is empathy enough?

Which label would you rather have?

Naughty
Bad
Dyslexic
Stupid
A.D.H.D
DISRUPTIVE
Artistic
RUDE
Ignorant

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"The GroOops talk on Dyslexia was life changing. Pennie made complete sense of our son's undiagnosed and lost teenage years. With renewed positivity and hope, we now have a foundation of knowledge which will enable us all to start restructuring his life." - Parent

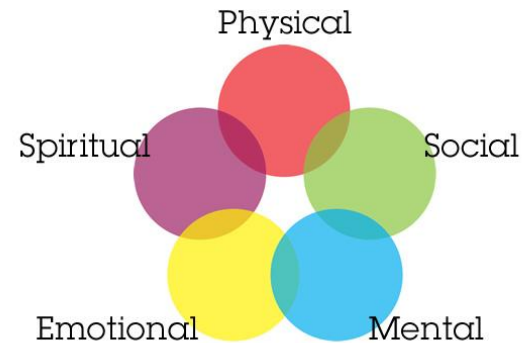
3. Being Dyslexic and Coming to Terms With Who You Are



Dyslexia is a part of who you are - you do not 'grow out' of it. Being dyslexic means having different strengths and certain traits, and presents some challenges particularly in a school environment. Everyone needs to learn to recognise their strengths and capitalise on them, whilst accepting their difficulties and learning how to overcome them.

Those attending the event will gain a better understanding of:

- How dyslexia can impact on the emotions.
- When and why dyslexia impacts on emotions. Life stages and experiences specific to dyslexia that can create an environment for emotional disharmony and confusion.
- Full appreciation of the strengths and weaknesses of dyslexia.
- Creative and psycho-educational strategies to support the development of self-knowledge, resilience, self-confidence and self advocacy.



“Our audience of approximately 40 people all thoroughly enjoyed Pennie’s talk. They said that they found it both fascinating and informative, and it was great to have it presented by someone who is dyslexic themselves. The children in the audience were thoroughly entertained but also reassured as to how normal they are. They were much buoyed up by hearing of dyslexic strengths and skills. Parents and teachers felt it gave them a much better insight into dyslexia and how either they or their children behave and react to different situations.” –

Dyslexia Association of Bexley Bromley Greenwich & Lewisham

4. How to understand your resident dyslexic...(partner/manager/worker/child)



Please insert as appropriate!

Most people think that dyslexia is just about reading and writing. It's not. For the dyslexic person it's about living the best way you can in a world keyed up for the 90% who process information very differently. For the other 10% of the population this can lead to all sorts of misunderstandings not only in personal relationships but also in the work environment.

Do you have dyslexic people working for you? Do you live with someone who is dyslexic? Are you dyslexic and want to make the best of your relationships, work, rest and play? This talk is about the rocky, revealing and very fulfilling road to really understanding what it is to be dyslexic; why there are sometimes emotional repercussions and what you can do about it.

“Pennie from GroOops hosted our monthly staff ‘Cake and Catch up’ events. The feedback from colleagues was exceptionally positive and it generated very useful discussions. Pennie is a fantastic presenter who delivered the talk with warmth and knowledge. She provided us with a better insight into the current thinking around neuro-diversity and the challenges that people with dyslexia and other diversities can face. As a result we will be looking at how we can improve our services and working environment. I would really recommend other organisations having input from GroOops, it was an education that is useful on both a professional and personal level.”
– Octavia Living



5. Dyslexia and Relationships: How to Understand the Dyslexic in Your Life

This presentation looks at whether being dyslexic can impact on relationships.

Not just personal relationships, but everything in our relational frame.

Are dyslexic people more difficult to get on with?

If so, what are the reasons?

Can we do anything about it?



"Pennie's presentation was excellent. I felt like I had come home. She described the effects dyslexia has on self-esteem and I could identify with so many. I feel very grateful to have heard GroOops talked about. As a result I have sought counselling from them."



6. Impact of Dyslexia (and Other Neurodiverse Conditions) on Learners' Mental Health

A presentation exploring the crucial, but often forgotten, issue of the impact of dyslexia (and other neurodiverse conditions) on learners' mental health. This presentation will look at how, when & why dyslexia can impact on emotions and the different life stages & experiences specific to dyslexia that can create an environment for emotional dissonance and confusion. Attendees will also learn some creative and therapeutic strategies to support the development of dyslexia aware self-knowledge, resilience, self confidence and self-advocacy.

"With anxiety increasingly being a factor in students struggling to access the curriculum, it is important to ensure that intervention is tailored to the needs of the individual from the onset to maintain motivation and self-esteem. It is really helpful to learn more about the GroOops Dyslexia Aware service."

"Pennie's presentation was highly engaging and insightful. We learned some very interesting facts regarding mental health, and Pennie gave us a different perspective on how we might need to support learners with specific learning difficulties. Our members were very grateful for Pennie's input, and extremely positive about the experiences that she shared with them, and many of them have already put in place some of the suggested strategies."

– Bucks Patoss



7. Dyslexic Wellbeing – The 8 D's of Dyslexia

This presentation gives listeners an insight into the Do's and Don'ts of living a fulfilling and meaningful life from a dyslexic perspective.

This talk covers dilemmas, dramas, do's & don'ts – all of which can help a dyslexic person to successfully develop a strong sense of dyslexic identity and wellbeing.

"I found the opportunity to be in a room filled with people either with dyslexia or who work with/or are parents to someone with dyslexia, a moving experience. The community feel and 'not being alone' is what I felt to have been encouraging, in my walk of discovery and understanding of my own dyslexia." - Psychotherapist





Who have we presented for?



To contact us to discuss booking a talk, presentation or event, please call us on 0208 346 0941 or email info@groops.org