

Collectively Diverse

Creating environments
where people thrive

Training • Consultancy • Culture Change

Combining professional expertise, lived experience and
evidence-informed practice to turn inclusion and wellbeing
into meaningful everyday practice.



collectivelydiverse.co.uk

About Collectively Diverse

We create environments where people feel understood, included and able to thrive.

Collectively Diverse CIC is a psychology-informed training and consultancy organisation specialising in neuroinclusion, mental health, wellbeing and psychological safety.

We work across workplaces, education, sport and communities, helping people understand difference, build confidence and turn inclusive intentions into meaningful everyday practice.

What shapes our approach

- **Psychology and evidence**
Research-informed thinking translated into practice.
- **Lived experience**
Insight shaped by real experiences, perspectives and needs.
- **Practical change**
Realistic approaches people can use in everyday environments.

Founded by Liz Day



Liz brings together expertise in psychology, education, communications, mental health and inclusion, alongside lived experience and a career working across different sectors and communities.

How we can work with you

Flexible support designed around your people, priorities and context.

Training

Engaging, practical training that builds understanding, confidence and inclusive practice. From introductory sessions to accredited qualifications and multi-session programmes.

Consultancy

Tailored support to identify barriers, explore what people need and turn inclusive intentions into meaningful action. From focused advice and reviews to ongoing organisational support.

Culture change

Longer-term support that develops internal capability and helps embed belonging, psychological safety and sustainable change. Including our Champions for Difference programme.

Not sure where to start?

We can work with you to identify the right approach.

Neuroinclusion training

Move beyond awareness to create environments where neurodivergent people can genuinely thrive.

What we explore

Understanding neurodiversity • barriers and hidden effort • communication and sensory needs • reasonable adjustments • psychological safety • inclusive practice

Flexible delivery

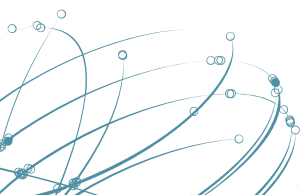
From introductory sessions to half-day, full-day and tailored programmes designed around your people, priorities and context.

Suitable for

Workplaces • education • community organisations • sport and physical activity

From understanding to action

People leave with greater understanding, practical strategies and the confidence to make meaningful changes in everyday practice.



First Aid for Mental Health

Build the confidence to recognise mental health concerns, start supportive conversations and help people access appropriate support.

Regulated qualifications

Ofqual-regulated First Aid for Mental Health qualifications, awarded by FAA, with certification valid for three years.

Flexible options

Level 1 • Level 2 • Level 3 • Youth

Courses can be delivered for teams and organisations, with options suitable for different levels of responsibility and experience.



Practical and relevant

Training combines essential knowledge with discussion, scenarios and practical skills that can be applied in real situations.

More than awareness

Participants develop the confidence to notice when someone may be struggling, respond appropriately and understand how to signpost towards further support.

Champions for Difference

Develop confident internal champions who can turn inclusive intentions into meaningful and sustainable change.

The programme

A CPD-certified development programme combining knowledge, reflection and practical action across six interactive sessions.

What we explore

Difference and neurodiversity • belonging and psychological safety • equity and intersectionality • trauma-informed practice • inclusive language • designing change



From learning to influence

Participants build the confidence to challenge barriers, influence practice and help create cultures of belonging where more people can thrive.

Designed for lasting impact

Rather than relying on one-off awareness training, Champions for Difference develops internal capability, supporting participants to become catalysts for sustainable change.

Who we work with

Different settings. Different challenges. The same commitment to creating environments where people can belong and thrive.

Workplaces

Strengthening neuroinclusion, mental wellbeing and psychological safety so people feel valued, understood and able to contribute.

Education

Supporting schools, colleges and other education settings to create inclusive cultures where staff and learners belong and thrive.

Sport and physical activity

Helping coaches, clubs and organisations reduce barriers so more people can participate, develop and enjoy being active.

Public services and communities

Working with authorities, charities and community organisations to build understanding and create more inclusive, connected communities.

One size doesn't fit all

We adapt our approach to your people, setting and priorities, from individual training sessions to longer-term consultancy and culture change projects.

Why work with Collectively Diverse?

Professional expertise, lived experience and evidence-informed practice — with a focus on meaningful change, not simply raising awareness.

Experience across sectors:

Expertise spanning psychology, education, communications, mental health, neuroinclusion and sport.

From insight to impact:

We build knowledge and confidence that translate into changes in behaviour, practice and culture.

Trusted to deliver:

Experience working across workplaces, public services, education, sport and communities.

Learning that makes a difference

100%

participant
satisfaction

|

85.7%

felt fully
empowered
following the
programme

|

+29%

increase in
neurodiversity
knowledge

Champions for Difference pilot outcomes, 2026.

What people say

Learning that builds confidence, shifts thinking and supports meaningful action.

Passionate, collaborative learning

“Profoundly passionate about making a positive difference through sharing knowledge and experiences, in both directions (presenter-audience).”

Riviera Wellbeing - Chiropractic & Wellness Centre

Practical skills and confidence

“The trainer was incredibly supportive, and the course content was practical and valuable. I feel confident in the skills I have learned and highly recommend this training.”

First Aid for Mental Health participant

Creating psychological safety

“I’m more mindful of creating psychological safety... encouraging openness, listening without judgement.”

Champions for Difference participant

Ready to create an environment where more people can thrive?

Whether you know what you need or are simply exploring where to start, get in touch for an informal conversation.



Scan to find out more

Let's talk

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