Meetings

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Let's talk about it

Standard meeting formats don't work for everyone, often creating significant barriers for neurodivergent individuals.

- A grid of faces, poor audio, and noisy environments can quickly cause sensory overload
- Fast-paced discussions and vague rules make it difficult to keep up, which often leads to anxiety
- Forcing people to keep their cameras on means they feel pressured to mask, causing immense exhaustion and focus fatigue

Creating an inclusive meeting culture is essential for collaboration, and simple adjustments make a huge difference.

- Send a clear agenda 24 hours in advance, state the meeting goals, and make cameras completely optional
- Normalise using the chat function, stick to scheduled times, and include breaks for sessions over an hour
- Use the meeting invite template in the Inclusion Toolkit, and consider making a neuroinclusive meeting guide

Useful Links

Inclusion Toolkit

Meeting Invite Template