



NeuroTribe UK[®]

Better Support for Your Staff and Organisation



A Foundational **Investment** in Your
Mission, Your People, and Your Impact

Supporting mission-driven organisations across the UK

Nonprofits | Mental Health | Civil Service |
Education | Social Impact Organisations



Supporting the People Who Deliver Your Mission

NeuroTribe UK helps mission-driven organisations reduce burnout and staff turnover by strengthening the mind–body connection, offering practical psycho-education, and supporting mental and emotional wellbeing—so your people are more effective and enjoy their work more. Our work is grounded in a person-centred, trauma-informed, anti-oppressive approach.

★ Outcomes You Can Expect

- **Stability and safety** for staff and teams
- **Reduced emotional burden** and burnout
- **Grounded, ethical, reflective practice**
- **Consistent support**, lower risk, better outcomes

Return on Investment

£4.70 - £5.30 for every **£1**
spent on staff wellbeing*.





Team **Supervision & Support**

Custom group supervision using a Restorative Supervision model, enhanced with creative-arts approaches. These sessions provide structured reflection, emotional processing, and space to strengthen ethical practice.

Why It Matters . . .

Supervision helps teams stay regulated and resilient, supports ethical decision-making, reduces overwhelm, and significantly reduces staff turnover.



93% of participants would **recommend this service** to **colleagues**.

Who Delivers this?

BACP registered supervisors skilled in complex, relational, and emotionally demanding work.





Reflective Practice & Workshops

Expert-led reflective practice sessions and practical workshops covering emotional wellbeing, nervous-system regulation, resilience, mindfulness, executive functioning, change management, and optional one-to-one coaching.

Why It Matters . . .

Teams need structured, contained spaces to process their work and develop regulation skills. These sessions promote psychological safety, reduce stress, and enhance professional confidence—strengthening organisational culture.



Who Delivers this?

Facilitators trained in trauma-informed, anti-oppressive, and neuroinclusive practice, with experience supporting teams working in complex emotional and relational landscapes.





Specialist Coaching for Neurodivergent Staff

Strengths-based, neuroaffirming coaching for neurodivergent employees and leaders. These sessions develop practical strategies, improve workplace confidence, and support individuals to thrive.

Why It Matters . . .

Neurodivergent staff often experience barriers that affect communication, executive functioning, and wellbeing. Specialist coaching increases retention, improves accessibility, and helps organisations better support diverse talent.



Who Delivers this?

A BPS certified Neurodivergent Coaching Specialist whose qualifications meet Access to Work funding criteria.





Simple Framework:

Support → Reflect → Sustain

Person-centred and trauma-informed

Anti-oppressive and neuroinclusive

Sustainable pacing - protecting
professional longevity

Relationship over extraction –
consent-led, collaborative practice

Boundaried practices - clear limits support
ethical, sustainable work

We stabilise individuals and teams, deepen their reflective capacity, and embed sustainable practices that protect people—and the mission they serve.



What People Are Saying . . .



Trusted by a leading national mental health organisation, our work speaks for itself:

Beautifully structured, safe and empowering – thank you

Helped me navigate feelings of anger at work.

Body-doubling format was really effective and motivating.

You have such a gift for holding spaces and I've learnt so much

Relaxation tools tailored to our individual needs

Caring, patient, and centred on the safety of colleagues and myself.

[Read what other organisations say about us](#)

Next Steps ...



Book your **free** consultation...

...to map out a tailored wellbeing plan that fits your team's pressures and goals



You'll leave with clear recommendations, timelines, and options—no obligation.

Download our **Decision Tree** to help you determine **which service suits you best**

[Click to Download](#)



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