

Sport

About Us

NdS is a not-for-profit organisation. We exist to help sport become a place where neurodivergent people can thrive.

We work with athletes, coaches, organisations, and leaders to build environments that understand different ways of thinking, learning, communicating, and performing.

We combine lived experience, research, and real-world sport knowledge to create practical, realistic change.

What We Do

- **Education & Training:** We deliver workshops, courses, and talks that help people understand neurodiversity and apply neuroinclusive practice in real sport environments.
- **Consultancy & Strategy:** We support organisations to review, design, and improve policies, pathways, and cultures to be more neuroinclusive.
- **Resources & Tools:** We create practical guides, toolkits, and learning resources that can be used straight away.
- **Community & Advocacy:** We amplify neurodivergent voices in sport and support the development of more inclusive systems.

Why It Matters

Neurodivergent people are already in sport — but systems are not always designed for them.

When environments are inclusive:

1. Athletes perform better
2. People stay in sport longer
3. Teams become stronger
4. Innovation increases

Our Approach

- Lived experience led
- Evidence informed
- Practical and realistic
- Designed with, not for, neurodivergent people
- Beneficial to all

