NATTC: Wellbeing and Executive Functioning Support

The Wellbeing Support we provide is distinct from traditional Employee Assistance Programmes (EAP). While EAP services typically offer short-term counselling or crisis management, our approach is tailored to the individual, focusing on long-term Behavioural change and resilience, particularly in relation to executive functioning.

Our sessions integrate narrative and Behavioural therapy with a coaching framework, going beyond the standard offerings of traditional EAP services. The primary goal is to equip individuals with a sustainable toolkit of strategies to manage stress, build resilience and reduce the risk of long-term absences or ongoing difficulties. This support is particularly recommended for those who have found traditional counselling or workplace coaching ineffective in the past. For individuals facing challenges linked to neurodiversity—such as difficulties with confidence, stress management and workplace anxiety, our dual-focused approach of Executive Functioning and Behavioural Therapy is specifically designed to address these needs.

This programme is tailored to engage individuals more directly by addressing their neurodiverse requirements and is structured over a longer duration. This extended timeframe is crucial, as many neurodiverse individuals may struggle to build habits, create autonomy and implement meaningful change without consistent, repeated support. Unlike standard coaching, this approach is more therapeutic and has been refined based on feedback and previous outcomes.

The overarching aim is to foster a lasting impact, helping individuals achieve a better work-life balance and long-term wellbeing, rather than offering a temporary solution.

NATTC

Get in touch

At NATTC, we're here to support you every step of the way. Contact us today to learn more.

Contact us to find out more about how NATTC works to support neurodiverse people in the workplace:

Email: info@n-attc.co.uk
Website: www.n-attc.co.uk



- Dyslexia, Dyspraxia, writing & Dyscalculia Diagnostic Assessments
- ADHD / ASC Fast-track Triage
- Neurodiversity Workplace Needs Assessment
- Sourcing and Installing Assistive Technology and Sensory Products
- Expert Assistive Technology Training and Workplace Coaching
- Neurodiversity Awareness Training