FREE Wellbeing Wednesdays

My GIFT to the FND community. A safe and understanding space to discuss a topic each week.

Join me and a like-minded community of people with FND, online, for around 45 - 60 minutes.

FND in the Workplace

Unlock the knowledge to navigate this condition with confidence.

Explore your rights, understand sick leave and pay, job security concerns and reasonable adjustments.

EMPOWERING PEOPLE WITH FND

A compassionate and supportive approach to nurturing wellbeing.

- FND Wellbeing Wednesdays
- FND Webinars & Events
- FND Wellbeing Courses
- 1:1 Wellbeing Coaching
- 1:1 Access to Work Coaching
- FND in the Workplace
- FND Signposting & Support
- FND Awareness Training

Kerryn Withers Green

A trained and experienced
HR professional and Wellbeing Coach
with the lived experience of FND.

www.fndwellbeing.com

fndwellbeing@gmail.com

Navigating life with

Functional Neurological Disorder

Designed for FND,
By someone with FND.

FND Wellbeing

© FND Wellbeing Ltd..

Functional Neurological Disorder

Commonly referred to as **FND**, it affects how the brain and body communicates and '**functions**'.

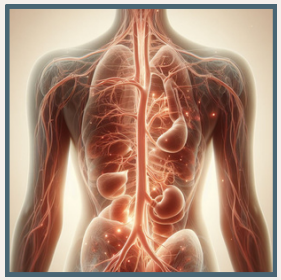
It's a neural network condition that affects how information is sent and received through the nervous system.

A Practical Toolkit of Resources

Jam packed with ideas, strategies, tips and tools for practical everyday use with FND.

The ***FND Wellbeing Toolkit*** provides the 'how' and will leave you feeling resourced for your everyday needs.

Nervous System Regulation



FND and the nervous system are entwined. It's where the body and brain connect.

NeuroFlow fosters connection and resilience through grounding and somatic tools for self regulation.

FND Starting Steps

The diagnosis of FND can feel overwhelming and confusing at first.

Starting Steps pulls together information and resources into one central place to get you started.

Navigating Life with FND

Fatigue, is common amongst those with FND. Finding a balance to life can be tricky.

Pacing Pathways provides structured, practical ways to pace, balancing life to avoid the boom and bust cycle.

Nurture & Rest

Discover tools to nurture wellness and self-compassion in the midst of change.

Simply Rest nurtures restorative and self-care practices, building resilience and self-compassion.