

BEYOND THE DIAGNOSIS: Supporting Neurodivergent Minds for Healthier Lives

Neurodiversity Expert Shares How tailored strategies can reduce stress, anxiety, and burnout.

For neurodivergent individuals, a diagnosis is just the beginning. Without tailored strategies, many face ongoing struggles with stress, anxiety, and burnout. In a world designed for neurotypical minds, the lack of effective support systems often leaves these individuals at risk.

Khushboo Chabria, a neurodiversity specialist and program manager at Goodwill of Silicon Valley's Neurodiversity Pathways, is working to change that. With a background as a therapist, coach, and advocate, she is dedicated to improving mental health outcomes for neurodivergent individuals.

"Reducing stress and fostering resilience requires person-centered, inclusive environments. By creating psychological safety and leveraging strengths, she believes neurodivergent individuals can lead healthier, more balanced lives," says Chabria

An advocate with personal experience of ADHD, Chabria combines professional and personal insights to address the mental health challenges neurodivergent communities face.

In an interview, Chabria can share PRACTICAL STRATEGIES for reducing stress and burnout, creating inclusive spaces,

TALKING POINTS (FOR INTERVIEWS & ARTICLES)

- **3 Ways to Bridge the Mental Health Gap for Neurodivergent Individuals**
- **How to Create Psychological Safety for Neurodivergent Individuals**
- **3 Simple Strategies to Foster Resilience in Neurodivergent Communities**
- **Why Tailored Mental Health Strategies Are Critical for Neurodivergent Well-Being**
- **5 Ways Families Can Support Neurodivergent Mental Health at Home**
- **The Role of Compassionate Curiosity in Supporting Neurodivergent Mental Health**
- **3 Steps to Make Healthcare Systems Neuro-Inclusive**
- **How to Build Inclusive Support Systems Beyond a Diagnosis**
- **3 Ways to Leverage Neurodivergent Strengths to Improve Mental Health**
- **Why Ignoring Neurodivergent Mental Health Costs Us All**

and improving mental health outcomes. Her insights provide ACTIONABLE ADVICE for workplaces, families, and communities alike.

- **The Growing Need for Neuro-Inclusive Mental Health Services**

MORE DETAILS ABOUT KHUSHBOO CHABRIA:

Deeply passionate about diversity and inclusion, Khushboo is a Neurodiversity Specialist and a Transformational Leader, on a mission to advocate for and help provide access to high-quality support services for neurodivergent individuals.

Khushboo aims to make a meaningful impact in the world through education, empowerment, authentic engagement, and unbridled compassion. With varied experiences in supporting

neurodivergent individuals of all ages and their family members, working as a therapist and clinician, studying Organizational Leadership, and discovering her own ADHD, Khushboo brings an interesting mix of skills and experiences to this field of work.

Khushboo is currently a Program Manager, Career Coach, and Program Facilitator at Neurodiversity Pathways (NDP) - a social impact program under the Goodwill of Silicon Valley focused on educating and supporting neurodivergent individuals to help launch their career and supporting organizations to integrate ND employees into the workplace through belonging and intentional empowerment. The tagline is *"Inclusion for Abilities and Acceptance of Differences"* and NDP is on a mission to inspire and improve the intentional inclusion of neurodistinct individuals in the workplace.

Khushboo also sits on the board of Peaces of Me Foundation and is involved in consulting, writing, and speaking on the topics of Neurodiversity, DEIB, Transformational Leadership, Psychological Safety, Compassion, Cultural Competency, Mental Health + Employee well-being as well as Coaching.

I believe in diversity in who we are, but also in how we see the world.

MEDIA INQUIRIES:

Khushboo Chabria is available for interviews, articles, and can provide expert commentary.

Please contact: khushboo@kcconsultancyllc.com