

Welcome to My Brain

More Ways to Use Welcome
To My Brain at Work



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Welcome
to My Brain

Welcome! Let's Get Brain Fluent!

Welcome To My Brain (WTMB) is more than just a game—it's a **powerful, fun, and eye-opening tool** for building awareness and inclusion at work.

Whether you're a **manager, HR professional, coach, or counsellor**, this guide is packed with **practical, easy-to-use ideas** for using WTMB to spark meaningful conversations and create a more neuroinclusive workplace.



"Once your team starts thinking about how their brains work, you'll hear WTMB popping up everywhere—"How's your brain today?' 'What does your brain need to get in the zone?' It's like learning a new language... a brain language!"



Getting Started: Making Neuroinclusion Part of Work Life

Kick Things Off with a Team Session

Start with a **30-45 minute WTMB session** where everyone plays the full game. This is a fantastic way to build a shared understanding of how different brains work—when they're thriving and when they're struggling.

"The more 'brain fluent' your team becomes, the easier it is to support each other, reduce stress, and create an environment where everyone does their best work."



Make Brain Talk Part of Everyday Work

Once your team has built brain fluency, keep it going! Here are some ways to integrate WTMB into daily routines:

Visual Brain Sharing

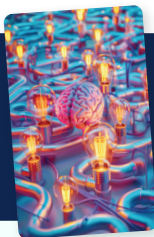
Encourage team members to **make their brain states visible**:



Add their own choice of image to our WTMB template here - use it as a poster or a screensaver or a profile image!



Pin a photocopy of a WTMB Image Card up at their desk - or, even better, buy and display a gorgeous WTMB poster (or other cool merch) here!



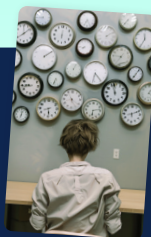
“Seeing someone’s ‘brain state’ at a glance can make it easier to check in, offer support, or simply understand where they’re at.”

Brain-Based Communication

Leave the cards in a shared space or stick them on a team board. Use them as a **shorthand for checking in**:

- “I’m overwhelmed—can we adjust how we’re working?”
- “I’m buzzing with ideas! Let’s brainstorm!”

“Instead of just saying ‘I’m stressed,’ WTMB gives people a way to describe exactly what’s happening in their brain—so you can actually do something about it.”



Quick Team Check-Ins

Start meetings with a WTMB temperature check:

- “That was a hectic week—how’s everyone’s brain feeling? What do we need to reset?”
- “Loving the energy today! What’s working well for your brains?”

Deepening Team Connections with WTMB

Team Reflection & Strategy Sessions

Use WTMB during **team retreats, strategy days, or deep-dive sessions** to explore:

Personal goals	Collaboration insights:	Team strengths
“I want my brain to feel like this more often. To do that, I need...”	“How do we create a work environment that supports all of our different brain needs?”	“Look at the diversity of the brains in this group! How do we harness that?”

“Using WTMB in team strategy sessions is a game-changer. People realize how different brains bring different strengths—and that’s where the magic happens!”

Using WTMB in One-on-One Conversations

Building Trust & Understanding

As a leader, coach, or counsellor, WTMB can help people understand their own brains and what they need to thrive.



“Every brain is unique! When someone feels understood and supported, they can bring their best self to work.”

Building Trust & Understanding

WTMB is a powerful icebreaker. It gets people talking about what really matters. Try asking:

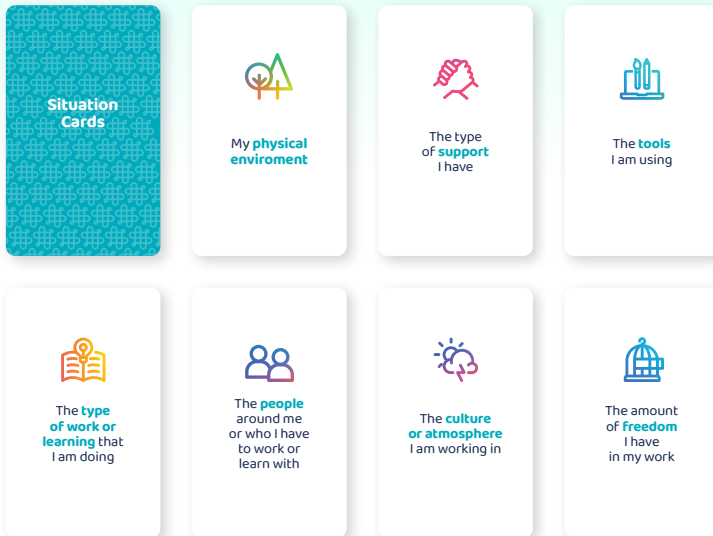
- “How is your brain feeling right now?” (Great warm-up question!)
- “What does your brain feel like when its in the zone?”
- “What does your brain feel like when its under strain?”



Unpacking Challenges & Finding Solutions

If someone is struggling, use Situation Cards to unpack what's happening:

- "What about this situation is challenging for your brain?"
- "How can we tweak things so you can work at your best?"



"Sometimes the smallest adjustments—noise levels, communication styles, flexible work setups—can make the biggest difference."

Checking In Over Time

Once someone is familiar with WTMB, use it for ongoing check-ins:

- "How's your brain been feeling since we last met?"
- "What's working well? What do you want to adjust?"

We'd Love to Hear From You!

We're always discovering new ways to use WTMB—both in our own team and from amazing people like you!

Share your stories with us at hello@neurodiversity.org.nz!

Let's build a world where every brain is understood, appreciated, and supported!

Check out our website (www.neurodiversity.org.nz/welcometomybrain) for ideas on how to use *Welcome to My Brain* and our extra resources as part of a wider learning programme at your workplace.



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