

STAK.life
STEFANS' ACTS OF KINDNESS

A World for Difference

Training Courses Specialising in Neurodivergence



WINNERS OF THE
COMMUNITY CHAMPION
AWARDS 2025

A Legacy to Stefan Kluibenschadl
06/05/06 – 26/03/22

www.stak.life
CIC registration number 15485844

MEET OUR TRAINERS

STAKlife are a neuro-affirming and neurodivergent led, not-for-profit Community Interest Company. We specialise in training and consultancy around neurodivergence. Based in Thanet, we're one of the few providers in the region offering face-to-face, specialist training for individuals, organisations, and professionals who want to deepen their understanding and improve their support for neurodivergent people.

Learn more at www.stak.life



Emma is a neurodivergent co-founder and Director of STAKLife CIC, and a qualified teacher with over 20 years' experience. She has dedicated her career to supporting neurodivergent children, young people, and their families through training, consultancy, and one-to-one support. After many years working in education for the Local Authority and the Specialist Teaching Service, Emma founded The SEND Trainer Limited in 2018, delivering services and guidance nationwide. She has trained a wide range of organisations – including schools, nurseries, fostering agencies, and alternative education providers – as well as Local Authority teams. A certified play and creative arts therapist and clinical supervisor, Emma also provides vital therapeutic support to children and young people within her local community.



Tristan is a neurodivergent co-founder and Director of STAKLife CIC, dedicated to advancing understanding and support for neurodivergent people across education, healthcare, law enforcement, and beyond. A former lead trainer for the Anna Freud Centre's NHS-commissioned National Autistic Training Programme, he specialises in equipping professionals in mental health and youth justice with neuroaffirming practice. Tristan is a Mencap-trained Tier 2 facilitator for The Oliver McGowan Mandatory Training on Learning Disability and Autism, a National Autistic Society-trained facilitator, and an associate with AT-Autism. His collaborative work spans the University of Kent's Medway Medical School, the Kent Autistic Trust, and multiple equality and inclusion panels – including past membership of the National Police Autism Association – where he has led initiatives to embed lasting, systemic change.

STAKlife Services

For Individuals, Parents, Professionals and Organisations

- Full-day and half-day workshops and creative group sessions available. Contact us on staklifeoffice@gmail.com for more information.

Training & Workshops

Understanding Autism - Difference not deficit

- Autism and the impact of a medicalised model
- Understanding autistic cognition
- An experience-sensitive approach
- Neuro-affirming language and practices

Neurodivergence and Sensory Processing Differences

- Presentation of Sensory Processing Differences
- The 8 senses in the body
- How the sensory system can impact how an ND person experiences the world.
- Sensory Processing and Trauma
- Alexithymia
- How to support neurodivergent people

Autism, Anxiety, and Mental Health

- Autism and anxiety
- Alexithymia and Interoception
- Self-Harm and Suicide
- Autistic Burnout, Depression and Self Regulation
- Neuro Affirming Strategies and Practices

Autistic Masking - A Trauma Response

- Autism and mental health
- Autism and trauma
- What is autistic masking?
- The impact of masking
- Alexithymia
- Neuro-affirming strategies and practices

Neurodivergence in the Workplace

- Autism Difference not Deficit
- Understanding Autism
- Sensory needs in the workplace
- Communication
- Reasonable Adjustments and Legislation
- Recruitment and Retention

Autism and the Criminal Justice System

- What is Autism?
- Effects of neurodivergence in the CJS
- Environments, sensory processing, and dysregulation
- Discrimination and Micro Trauma
- Restraint
- Self harm and suicide
- How to support neurodivergent people in the CJS.

Courses

Cothu, Neuro-Nurture (5 sessions)

- For primary school-age children
- Neurodivergence-affirming alternative to EarlyBird and Cygnet programs.

Parenting differently and authentically for autistic children

My Neurodivergent Self - Adults (six sessions)

- Understanding neurodivergence and embracing unique minds
- Communication differences, friendships & sensory needs
- Burnout, Mental Health, suicidality & Self-harm
- Co-occurring conditions & Intersectionality
- Trauma
- Self Advocacy & inclusion

My Neurodivergent Self - Children and Young People (coming soon TBC)

- This training uses a combination of talk and creative activities
- Why is my brain different?
- Why do I struggle to make choices and plan?
- Its a difference, not a deficit
- Why do I sometimes melt down and shut down?
- My Neuro identity

Consultancy

- Business and Organisation Support and advice
- Mentoring and Support for Neurodivergent Individuals
- Mentoring and support for those managing and supporting neurodivergent staff
- Bespoke problem-solving and solutions, neuro-affirming practice

Therapeutic Services

Clinical Supervision

- School staff, Play Therapists, Creative Art Therapists.
- Clinical staff supervision that supports an individual to use their left and right brain processes to enhance learning relating to a job role.

Play Therapy (PTUK Registered)

- Play Therapy Sessions

Contact us to discuss your requirement
at
staklifeoffice@gmail.com

Website



Facebook



Instagram

