

This resource is part four of a mini-series created in partnership with [Neurodiverse Sport](#). After Neurodiversity Celebration Week in 2023, British Canoeing Awarding Body recorded a fascinating podcast episode exploring **neurodiversity in sport**.



Helena Russo
Equality, Diversity
and Inclusion Lead at
Paddle UK



Nerys Hall
Marathon and
sprint racing athlete



Caragh McMurtry
Former Olympic
rower and founder
of Neurodiverse Sport

Nerys and Caragh have been diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) and high functioning autism, respectively. They discuss their sporting achievements, **what their diagnosis means, and how it has affected their sporting lives**.

They go on to explore the **barriers they have faced** and the **strategies they put in place** to improve performance. Caragh and Nerys share their **top tips for coaches** to consider neurodivergence and adapt their coaching practice accordingly. This is a must-listen for anyone **developing their understanding** of neurodivergence, or having a conversation with a coach or athlete.

Importantly, they explain **the need to change the narrative** from neurodivergent sportspeople being a problem, to **person-centred, flexible and inclusive environments** supporting all to thrive.

[Click here to listen to the full episode!](#)

This podcast is also available on [Podbean](#), and the transcript for the episode is available [here](#).