



MOHAWKMOMMA STUDIO

SOUL CARE-DESIGNED, LUXE, SUSTAINABLE STATIONERY
"shalom in every script"

Sensory Accommodations for Pastor Angie's shalom (wellbeing, wholeness)

When hosting guest speaker events or podcasts and considering accommodations for Pastor Angie, an autistic, dyslexic soul, it's important to create an inclusive + accessible environment. Here are some stipulations/accommodations to consider:

1. Communication Preferences:

- Written communication is preferred: blog posts, articles, etc.
- Keynote Speaker, virtually: (preferred) pre-recorded or livestream using presentation slides
- Keynote Speaker, in-person: panel discussion preferred. In a solo workshop environment, 20-30 min max to reduce dysregulation of the nervous system
- Podcast Guest: audio-only (due to the need for very low lighting that would compromise video quality)

2. Sensory Considerations:

- Provide a quiet and sensory-friendly space for me away from noise + bright lights
- I wear TheraSpec "wearover" glasses due to light sensitivity to block blue light + harsh bright lights
- I wear noise-canceling earplugs that take the edge off noise
- Have a designated quiet, low light, sensory-friendly space available for me to retreat to when I need a break or sensory relief.
- Sitting always helps me regulate while I communicate verbally
- As a post-menopausal, neurodiverse woman, I may need to take a short "hot flash break." I carry a fan with me
- Rubbing my "calm strip" or rolling Play-Doh in my palms are also regulatory strategies.
- I'm asthmatic and respiratory-sensitive to chemicals (alcohol-based perfumes, harsh cleaning agents, cigarette + cigar smoke) and may need to wear a mask.
- Holding eye contact for too long can be exhausting + interferes with my focus. I'm still actively listening while looking away.
- During events, I drink adaptogen-infused water/teas in my insulated tumbler to assist my parasympathetic nervous system: (Chamomile, Lavender, Ashwagandha, Passion Flower, Valerian Root, Holy Basil, Rhodiola Rosea, etc.)



MOHAWKMOMMA STUDIO

SOUL CARE-DESIGNED, LUXE, SUSTAINABLE STATIONERY
"shalom in every script"

3. Visual Supports:

- Offer any helpful visual aids, such as an outline, or visual schedule/itinerary, to help me prepare + know how to navigate

4. Flexible Schedule:

- Be flexible with 1:1 podcast interviews longer than 30 minutes, allowing 10-minute breaks every half hour. Panel discussion interviews are less demanding on my brain and breaks can be adjusted on a case-by-case scenario depending on discussion length + time of day.

5. Advance Information:

- Provide me with detailed information about the event format, audience, and any potential sensory triggers (light show, fireworks, etc.)

6. Designated Contact Person:

- Assign a point of contact who can assist me with any questions or concerns before and during the event.

7. Attendee Awareness:

- Upon introduction, inform the audience in advance about the speaker's accommodations + ask for their compassion + understanding.

8. Feedback:

- After the event, allow me to give feedback to understand how well the accommodations worked + if any improvements can be made for future events.

Open communication + a willingness to adapt are key to ensuring a prosperous + inclusive experience for my neurology. Otherwise, it can take 2-3 days for my body + mind to fully recover from sensory overwhelm.

IMPORTANT: Make sure you fill out my collaboration intake form.

Shalom + thank you for desiring to partner together in *faith, hope, and love*.