

Ocean-Tae McKenna

THE OLIVER MCGOWAN MANDATORY
TRAINING ON LEARNING DISABILITY
AND AUTISM



Profile

Pronouns: She/Her

Role at Dynamic: Co-Trainer of the Oliver McGowan mandatory training.

Likes: Metal and Metalcore music and live concerts. Psychology, dressing to express myself, drinking coffee and sitting outside with friends. Autumn, Jellycat Plushies, people who accept me even when I am loud or say things that might be a bit 'out of pocket'.

My dislikes: Being shushed, not having alone time to cool off, being told what to do, too many noises at once, the sound of chewing and yawning, the fabric they use for sporty clothes.

Goals: To move up in the working world of mental health. To find a balance between work and home life. To feel happy and relaxed in life.

My Experiences: My life has been a plethora of mental health and mental illness. I experienced bullying and loss and I thought there was something wrong with me for a long time. My passion and need for information, led me to do my degree in Psychology. Those of us who are neurodivergent tend to find each other and become our own little support network as others don't always understand, so why not train to become one?