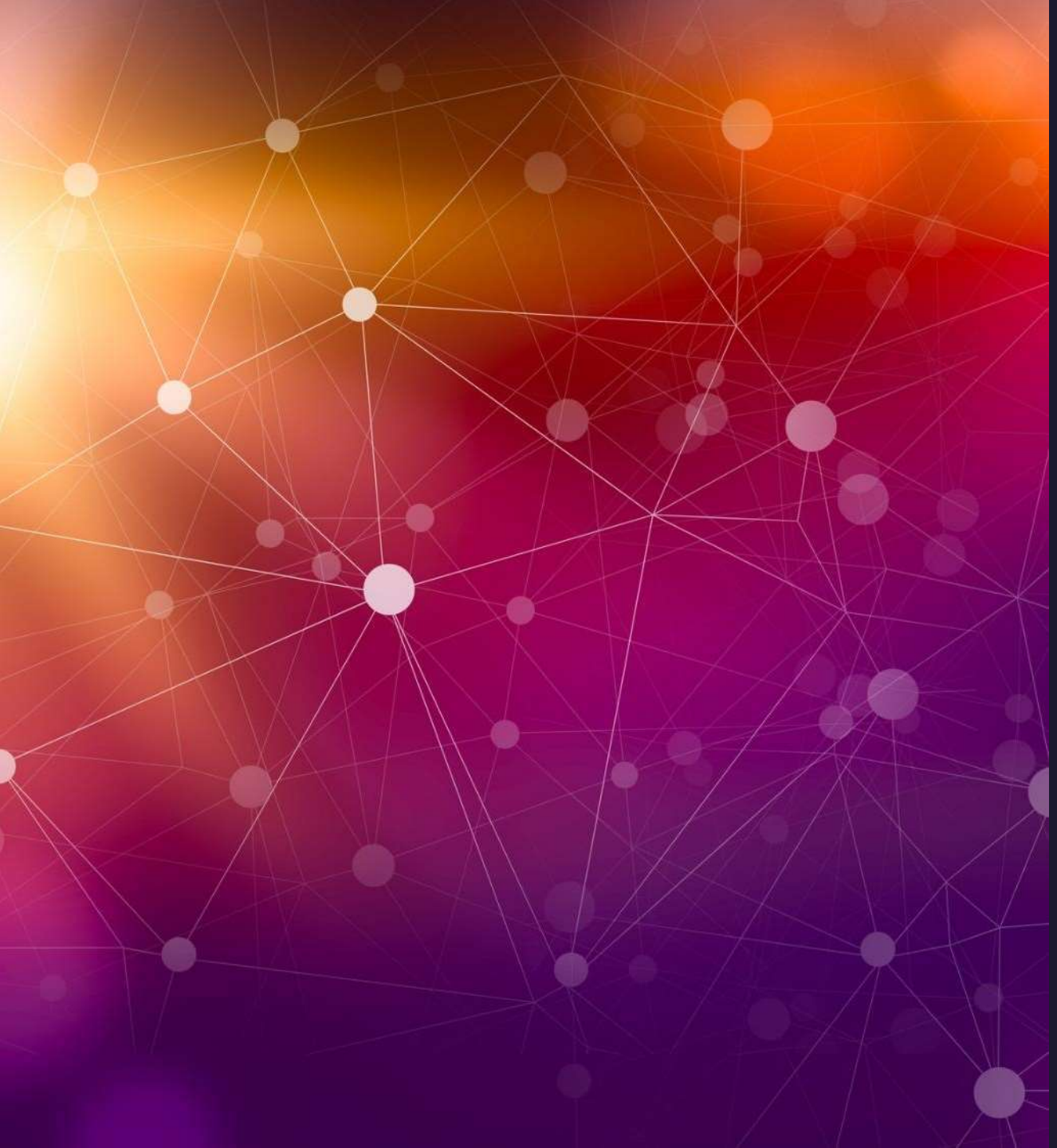


Dyslexia and me!

By Lisa Hodge

Agenda

- A little about me
- Education
- Assessment and diagnosis
- Dyslexic emotional stages
- challenges
- Strengths
- Defence Dyslexia Network
- Closing remarks

A little about me

I was diagnosed at the age of 31 with dyslexia.

I am a mum of two children.

My Son and my husband are also Dyslexic.

My day job in within contract management.

I co-founded and chair Defence Dyslexia Network

I won Inspirational woman award in Defence 2023

Education…

Education, Education, Education…

I can remember so many teachers telling me that I constantly made "careless mistakes" even when I knew I had worked as hard as I could at something, nothing ever felt enough.

I can remember the surprise from teachers in junior school when I had scored a better result on my SATS.

In Highschool I has been accused of plagiarism because the work I did in class didn't match what I handed in, the simple answer to that was my Dad and Big brother had proofread and Supported me.

So many times, in my education I had been failed I could barely read when I got to high school which made the process of starting a new school so much more fun!

Assessment and diagnosis

Assessment

Feelings

Scared!

So nervous I wouldn't get a diagnosis and hat perhaps maybe I am just no good at anything.

Impact

The assessment was intensive and obviously focused on all the things I find tricky

Stigma

Waiting for the words 'you are dyslexic'

Trauma

How do I accept this and move forward?
How do I build my self esteem?

Diagnosis

Feelings

Elated, There is a reason why my brain is the way it is!!

Impact

Lightbulb moment

The weight of the world had been lifted

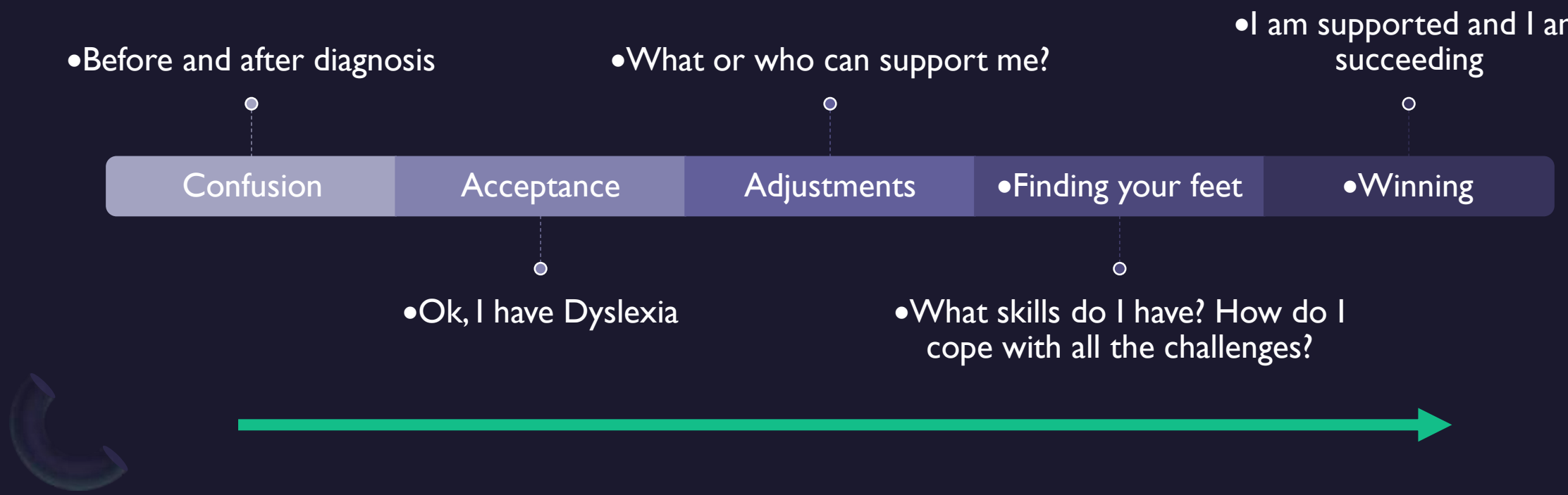
Stigma

Time to break the stigma

Trauma

Shared trauma amongst other dyslexics, finding tips and hints on thriving stratergies

Dyslexic emotional stages



Challenges

- Confuse visually similar words such as cat and cot
- Spell erratically
- Find it hard to scan or skim text
- Read/write slowly
- Need to re-read paragraphs to understand them
- Find it hard to listen and maintain focus
- Find it hard to concentrate if there are distractions
- Feel sensations of mental overload/switching off
- Have difficulty telling left from right
- Get confused when given several instructions at once
- Have difficulty organising thoughts on paper
- Often forget conversations or important dates
- Have difficulty with personal organisation, time management and prioritising tasks
- Avoid certain types of work or study
- Find some tasks easy but unexpectedly challenged by others

Strengths

Big imaginations	Abstract Thinkers	Understand patterns
Ability to show great empathy	Story tellers	Great Conversationalists
Puzzle solving skills	Ability to think outside the box	Great People skills
Critical thinking skills	Ability to visualize solutions	Creative

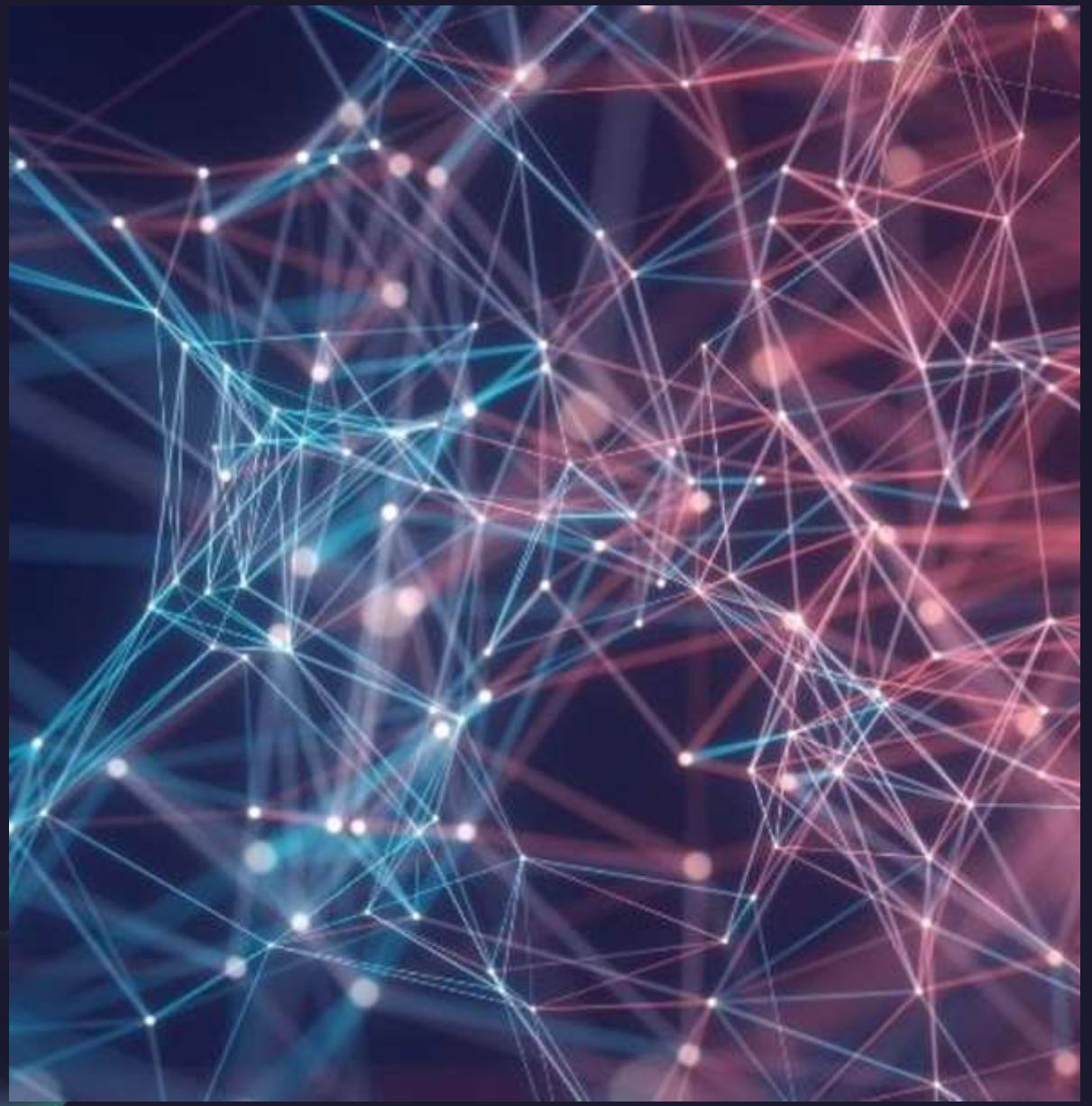
Defence
Dyslexia
Network

Help with Dyslexia

- I co-founded and co-chair the Defence Dyslexia Network
- I am the civilian lead in the Defence Dyslexia network. It's a role I am immensely proud to be in and pour my heart and soul into it. I believe that everyone with dyslexia should be given the opportunities to thrive and for our strengths as well as our challenges to be recognised.
- The Defence Dyslexia Network is set up for all curious minds.
- Est. March 2022 –1600+ members 1*, 2* and 3 champions.
- The network supports people with dyslexia, people who support or manage someone with dyslexia and provides information to anyone who wants it.
- The network aims to build up a bank of self-help information and lived experiences to learn from each others experiences.

Final thoughts

Find	Find your lightbulb moment – it will and can happen.
Find	Find support – there is a lot out there and so many people willing to help.
Be	Be part of the drive towards people understanding what dyslexia is and not the assumptions so often thrown around.
Be	Be the network!

Thank you

Lisa Hodge