

Kyra in Beverley



Kyra Women's Project is a charity in York which helps women make positive change in their lives. We are a safe space to talk, connect and grow.

We are running some pop-up sessions in Beverley focussing on employment, neurodiversity and self-development.

We will be running sessions on:

- Coffee and Craft sessions to get to know Kyra
- Introduction to neurodiversity and the challenges
- Navigating the job search if you have a disability or are neurodivergent
- Preparing for employment
- Workshops focusing on boundaries and confidence

In order for us to have an idea of numbers, please book a space or email molly@kyra.org.uk if you can!



Kyra in Beverley



13th November 2026

Coffee and Craft: 12-1:30pm

- Come and join us for a cuppa, a chat and some simple, creative crafts.
- Come along and meet some lovely people and find out more about Kyra.

Introduction to Neurodiversity: 1:30-3pm

- Join us for a relaxed introduction to neurodiversity, with a particular focus on how neurodiversity can present in women.
- We'll talk about some of the strengths and positive qualities that can come with being neurodivergent.

(You do not need to attend both sessions)

Please use the QR code to
book or email
molly@kyra.org.uk if you
can!



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27th November 2026



Navigating the Job Search When You Have a Disability or are Neurodivergent:

12-1:30pm

- We'll talk about your rights at work and what support or reasonable adjustments you may be entitled to.
- We'll also provide helpful practical tips for CV's and application forms.

Challenges Neurodivergent Women May

Face: 1:30-3pm

- We'll talk about the journey towards diagnosis and masking.
- We'll also share some practical strategies that can help you support yourself and others around you.

(You do not need to attend both sessions)

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11th December 2026

Christmas Crafts: 12-1:30pm

- Come along, grab a cuppa and get creative while making some lovely Christmas decorations and crafts.
- No previous crafting experience is needed, just bring yourself and enjoy some time to chat, create and get into the festive spirit.

Boundaries and Self Care Workshop: 1:30-3pm

- We'll share tips and tools to help you recognise your own needs, set healthy boundaries and make more time for yourself, without feeling guilty about it.

(You do not need to attend both sessions)

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15th January 2026

Confidence and Assertiveness workshop: 12-1:30pm

- We'll share simple tools and ideas to help you recognise and build on your natural confidence, find your voice and feel more comfortable speaking up for yourself.

Preparing for Employment: 1:30-3pm

- We'll look at how to approach the job search.
- We'll also talk through the recruitment process, with helpful tips for putting together your CV, writing a cover letter and completing application forms.

(You do not need to attend both sessions)

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