



01. Strengths and challenges go hand in hand.

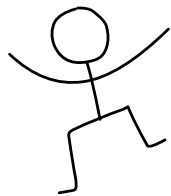
A twice-exceptional ('2e') person is gifted and neurodivergent.

This means they may show remarkable talents in some areas, and find other areas much harder.

Both their strengths and their struggles are real and important.



02.



It is easy to miss or misunderstand.

Giftedness may 'mask' a person's difficulties. And difficulties can also hide their giftedness.

This can lead to confusion, frustration, unrealistic expectations, or unmet learning and support needs.

03.



Support needs to consider both sides.

Focusing only on struggles can be discouraging, while focusing only on strengths can be overwhelming.

Wellbeing matters just as much as academics.

04.

2e folk may feel different or struggle to fit in. Nurturing social & emotional well-being is as vital as academic support.

