



The Centered Space

Free guide: adults

What to say at work instead of "I'm fine".

Real workplace moments and one true, low-cost line for each, for autistic and ADHD adults who go home empty.

Haylee, our founder and speech pathologist, on the beach.

— What can I say in the moment?

The meeting that runs over



"I have a hard stop in five. Can we finish this now or pick it up later?" It names a logistics fact, not a feeling.

The open-plan interruption



"Give me two minutes to finish this thought, then I am all yours." It gives your brain the pause it needs.

The quick question at 4.55pm



"Can I get back to you first thing tomorrow? I want to give it a proper answer." It protects your evening without a no.

The one-on-one with your manager



"Can I think about that and come back to you?" A pause reads as thorough, not hesitant.

The brainstorm, out loud, on the spot



"I process better in writing, can I send through some thoughts after?" An alternative contribution, not an exit.

Small talk before the meeting



"Sorry, head is still in the last thing, give me a sec." True, brief, and gives you a second to arrive.

— And when it lands wrong?

Feedback that lands wrong



"Can you say that another way? I want to make sure I understood it." The repair sits in the exchange, not only on you.

— What does masking actually cost?

Research links heavier masking with more exhaustion and anxiety.

Support works on the moments above, on recovery after work, and on asking for an adjustment plainly.

What does it cost and who pays? This guide is for people who already have an NDIS plan, **plan-managed or self-managed**. NDIS funding may cover speech pathology where it aligns with the participant's goals and approved plan. Not all NDIS plans include speech pathology supports. We are not NDIS-registered. \$193.99 an hour, the NDIS price limit. Check your plan, take your time, and talk it over with your Support Coordinator or someone you trust.

— How do I start?

Fiona Wright, speech pathologist, works Tuesday to Thursday. Her books open **Tuesday 10 November 2026**.

1

Book a free NDIS consult with Liz, our NDIS specialist, on the page below or scan the code. She goes through what your plan can fund.

2

Or book a free clinical consult with Haylee, our senior speech pathologist, to talk through your situation first. Nothing is booked until you say so.

Liz, our NDIS specialist

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speech.thecenteredspace.au/gold-coast?a=adult-masking



Sources: Cage and Troxell-Whitman (2019); Hull and colleagues (2021).