

**Spicy Burnout & the Autistic Nervous System:
From Risk to Recovery**
Part of The Unfolding Neurodivergent Journey Series
An online webinar with
Carole Jean Whittington

Zoom Webinar
8 September 2026, Tuesday
Times:
6:00 pm – 9:00 pm, London UK
1:00 pm – 4:00 pm, New York, USA

CPD hours: 3



Location: Online streaming only
(all our webinar tickets now include complimentary access to a video recorded version for 3 months or 1 year, depending on the ticket type)

Autistic burnout is not stress mismanagement—it is full-system depletion driven by chronic mismatch between inner capacity and external demand. In this interactive, research-based session, Carole Jean Whittington, Chief Well-Being Officer at Whittington Well-Being and developer of *The UnVeiling Method*, reframes burnout through a neurodivergent-informed lens, introducing a model for identifying, measuring, and recovering from what she calls “Spicy Burnout.”

Drawing on her four-year global study and the Whittington Well-Being Assessment Suite, Whittington **presents the five roots of autistic burnout, twenty early warning signs, and six levels of Spicy Burnout, measured by the Spicy Pepper Scale.** Participants will learn to evaluate risk across five key domains—Complexity Identifier, Stress Profile, Masking Style, Spicy Pepper Level, and Sleep Profile—and to interpret the Burnout Risk Index to design individualised recovery maps.

By differentiating neurodivergent burnout from typical occupational or emotional models, this session equips clinicians with practical tools for identifying early indicators, understanding sensory overload across seven sensory systems (including vestibular regulation), and supporting sustainable recovery. **Participants will leave prepared to help clients move toward their Optimum Steady State—a condition of restored energy, regulation, and well-being.**



Learning Objectives

By the end of this session, participants will be able to:

1. Differentiate neurodivergent burnout from typical occupational or emotional burnout models.
2. **Identify the five foundational roots of autistic burnout and their cumulative impact.**
3. Recognise early warning signs across sensory, cognitive, and behavioural domains.
4. Use the Whittington Well-Being Assessment Suite to assess burnout risk across five key areas.
5. **Apply the Spicy Pepper Scale to determine severity and prioritise interventions.**
6. Design individualised recovery maps that support clients in achieving an Optimum Steady State.

About Carole Jean Whittington

Carole Jean Whittington is Chief Well-Being Officer at Whittington Well-Being and the author of *Unleashing Sustainable Energy*. Diagnosed as autistic and ADHD in adulthood, she integrates lived experience with her four-year global research on burnout and her proprietary assessment models, including The UnVeiling Method and The Whittington Well-Being Assessment Suite. Her work provides clinicians, organisations, and communities with actionable frameworks for identifying risk, restoring regulation, and building sustainable systems of care.

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