# **Excerpts from Writing Projects**

## <u>Blogs</u>

"Peace Begins With a Smile"- Mother Teresa

In a child's world, there are a myriad of activities to do and people to see... At school, sports events and hobbies, and even time at home make for a busy day. The changing of scenes and social dynamics can be enjoyable, but children on the spectrum may find some situations to be out of their comfort zone. When some discomfort arises, our initial actions can set the tone for peace, so begin with a smile.

#### **Diversity**

We have heard it said that new experiences can have a remarkable impact on our brain. Fresh thought processes can create new connections and pathways in our mind, and even strengthen the learning process. This can happen in the smallest or biggest of interactions: things as simple as trips to new towns, conversing with a different ethnicity, or listening to new genres of music... all can be new experiences to stretch and grow.

How can we bring that same experience to our work place? To house an environment of unique scenarios and people? The answer is: Diversity and Inclusion.

### Continuous Learning by Upskilling

Upskilling our employees and providing flexible ways for personal development can be essential forward movement for our teams. To be a shining leader, we should highlight the way and become a company of continuous learning.

A Learning Mindset: a mental attitude that values the process and challenge of acquiring new knowledge and skills; the ability to approach new or changing situations with curiosity, creativity, and adaptability.

As a growing company, the Learning Mindset is essential for not only management, but also for our employees. Upskilling is the improvement of current skills or learning new ones. This can be as simple as reading books or listening to a podcast; It can also include attending virtual events or taking an online course. Whether you are building in your current role or a new hire, Upskilling is an essential flexible path for advancement, both professionally and personally.

## Social Media Posts

The Sky's the Limit as we "Soar Into the Future" at \*\*\*\*\*! We have many goals to grow and expand our service and education for the Autistic community, and your donation helps us meet each one. Click \*\*\*\*\*\* to contribute today!

Are you STRESSED? All of us have unique ways to deal with a stressful situation, and

kids on the Autism Spectrum may teach us a few lessons about resetting our emotions, controlling our behaviors, and getting back to enjoying our day!

Our therapists teach students helpful calming techniques that can be used anywhere. What a great lesson to be learned!

#### Be In the Know with \*\*\*\*\*

Get details of our local events and services by subscribing to our monthly newsletter to see the WAY we are connecting to our communities. Consider joining us for a monthly event, click \*\*\*\* for more information.

## Be the employee you want to work with!

Working together with a positive attitude can create an enjoyable work culture. As we collaborate on projects and tasks, make an effort to communicate and act in a positive way and make your day a pleasant one.

### Stepping Out for Your Health!

There are so many health benefits of walking...It can build muscle, improve circulation, reduce stress, and even improve sleep. Enjoy those extra hours of sunlight in the morning or evening with a walk around the neighborhood or in a local park.

Where is your favorite place for a walk?