

FREE TRAINING ON AUTISM AND NEURODIVERGENCE

FOR BUSINESSES AND COMMUNITY SERVICES



Online workshops to help your business or service better understand the needs of autistic and neurodivergent people



THESE WORKSHOPS WILL BE DELIVERED BY AUTISTIC ADULTS SHARING THEIR LIVED EXPERIENCES

The Autism by Experience training team are informed by the latest research and are keen to share knowledge about approaches and adjustments that will help make your community service or business as inclusive as possible - potentially bringing you new customers.

THERE ARE THREE WORKSHOP OPTIONS - MORE DETAILS ON PAGE 2

LEVEL 1 = 1.5 HOURS

A short introductory workshop suited to people working in places like shops and cafe's. Exploring both sensory sensitivities and communication differences.

LEVEL 2 = 2.5 HOURS

A longer workshop suited to people working in places like leisure centres, cinemas and libraries.

Exploring a wider range of topics than in Level 1.

LEVEL 3 = 4 HOURS

Our most in-depth workshop, suited to community groups who offer support to autistic and neurodivergent people. Exploring key topics in much more detail.

Signing up is easy - Click here to go to our online sign up form or use the QR code



Autism by Experience
Community Interest Company

For more information email: AFC@autismbyexperience.co.uk or visit www.autismfrienlysurrey.org.uk/training

DETAILS OF WHAT WE COVER IN EACH WORKSHOP

Every workshop we deliver will be co-presented by two of our autistic trainers, who will share their personal experiences of accessing businesses and community services.

Our presenting style is relaxed and informative. We use very visual slides and include audio and video clips to emphasise key points.

We will focus on common strengths of autistic people as well as common challenges.

Introducing Neurodiversity

The human brain is incredible, and we still have so much to learn about how it works.



What we do know is that each person experiences the world in their own unique way, and this is reflected in the adoption of the infinity symbol to represent neurodiversity.

Once you sign up we will email you confirming your place(s). We will also send you a Teams invite.

LEVEL 1 WORKSHOPS - 1.5 HRS

At these workshops we will cover the following topics, with an emphasis on helpful strategies:

- Introducing autism and other neurodivergent profiles such as ADHD, Dyspraxia and Dyslexia
- Exploring sensory sensitivities
- Exploring communication differences
- Supporting people when overwhelmed



LEVEL 2 WORKSHOPS - 2.5 HRS

At these workshops we will cover all the topics from the Level 1 workshops as well as:

- Executive Functioning challenges - this is about organising everyday life.
- Structured and supported activities
- Helpful sensory adjustments
- Autism friendly information



LEVEL 3 WORKSHOPS - 4 HRS

At these workshops we will cover all the topics from the Level 1 and 2 workshops as well as:

- Pathways for diagnostic assessments
- Social relationships
- Vulnerabilities to bullying/abuse/scams/manipulation
- Autism and mental health - how mental health conditions may present differently for an autistic person.

