



SCAN TO BOOK
YOUR PLACE

ONLINE TRAINING FOR PROFESSIONALS - JAN-MARCH 2025:

**TUESDAY 14TH
JANUARY
16:30-19:00**

PDA (PATHOLOGICAL DEMAND AVOIDANCE)

This session presents characteristics of a "Pathological Demand Avoidant/Pervasive Drive for Autonomy" profile of autism, exploring functions of avoidance and perception of demands. Take away deeper understanding, and actionable, lower demand strategies.



Evening session

**THURSDAY 6TH
FEBRUARY
10:00-12:30**

AUTISM AND COMMUNICATION

This session looks into challenges and differences autistic people may experience with communication. Explore barriers to communication, discover insightful testimonies and add to your toolkit of practical strategies to support diverse communication needs.



Morning session

**THURSDAY 13TH
MARCH
10:00-12:30**

AUTISM AND NEURODIVERSITY IN THE WORKPLACE

This session introduces neurodiversity with discussion around challenges, strengths, and experiences of autistic individuals in the workplace. Explore key considerations to create inclusive environments and empower neurodivergent employees to thrive.



Morning Session

**FRIDAY 24TH
JANUARY
12:00-13:00**

PLAY STRATEGIES AND SUPPORTING ENGAGEMENT

This session introduces play-based approaches and using special interests to interact in different ways. Challenge expectations of engagement, and explore ideas to motivate, connect and create meaningful experiences.



Lunch + learn

**TUESDAY 25TH
FEBRUARY
16:30-19:00**

UNDERSTANDING AND SUPPORTING BEHAVIOUR

This session explores functions of behaviour to inform proactive planning aimed at reducing anxiety and triggers. Challenge perspectives on behaviour and acquire differentiated strategies for supporting individuals at different stages of arousal.



Evening session

**THURSDAY 21ST
MARCH
12:00-13:00**

USING AND ADAPTING VISUAL RESOURCES

This session presents a range of visual resources to increase access to communication and support understanding. Consider the visual hierarchy, interests, and take away ideas for new resources and ways to adapt existing ones to individual needs.



Lunch + learn

**THURSDAY 30TH
JANUARY
10:00-12:30**

UNDERSTANDING AUTISM

This session presents what autism is, expanding on common challenges, unique differences and inherent strengths within autism. Gain valuable insights and targeted, practical approaches to effectively support, understand and connect with autistic individuals.



Morning session

**FRIDAY 28TH
FEBRUARY
12:00-13:00**

AUTISTIC BURNOUT

This session introduces the experience of autistic burnout - causes, how it differs from general burnout and misconceptions. Recognise signs of autistic burnout, distinguish between burnout and mental health challenges, and gain tips for fostering recovery with empathy and understanding.



Lunch + Learn

**WEDNESDAY 26TH MARCH
16:30-19:00**

AUTISM AND TRAUMA

This session examines the interplay between trauma and autism, exploring their mutual impact. Learn practical strategies for trauma-informed support and gain insights to build resilience and promote emotional safety.



Evening session