

LOOKING FOR WORK

A programme for autistic graduates



KEY FEATURES

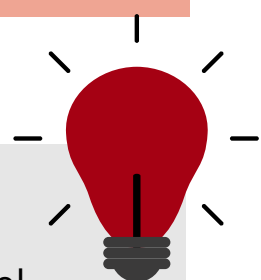
- Our programme is designed with neurodiversity-specific strategies and support in mind.
- We have a unique understanding of barriers autistic people face during recruitment.
- We will give you tips and ideas on how to identify and overcome your neurodiversity-specific barriers to recruitment.
- You will share experiences with others going through the same process, and learn tips and tricks from the lived experience of fellow autistic peers.
- We will accommodate your needs to access this programme, as we understand the anxiety that group settings can bring.
- We will help you identify your personal challenges and differences arising from your neurodivergence, and what adjustments, strategies and support you can request to manage them.

WHAT YOU WILL GET



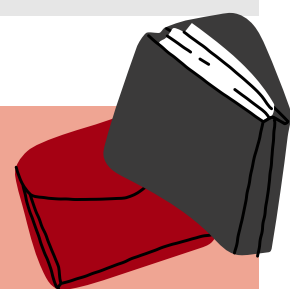
- Support from autism and neurodiversity specialist mentors
- Six online, live, group workshops
- Three one to one mentoring sessions
- Valuable materials to use during and after the programme, such as workshop slides, workbooks and resources.
- Access to future job opportunities, internships and vacancies advertised by AS Mentoring partner employers

THIS PROGRAMME IS FOR YOU IF...



- You are in your final year of study for a higher education level qualification or who have completed their course of study within the last academic year
- You have availability during the day time to attend live workshops
- You are committed to work on coursework between sessions.
- You may be actively looking for work, or thinking about your next steps after your studies.
- You want effective, neurodivergence-specific tools and strategies for your job search.
- You do not need prior work experience.

COSTS AND FUNDING



There is a cost of £654 to participate, but we do not want it to be barrier to you accessing the programme, funding options are available. You are encouraged to apply and we will explore best options with you.

Interested? Email workshops@asmentoring.co.uk or visit www.asmentoring.co.uk

The programme has six, live, online and interactive group workshops. Each workshop is 2 hours long, delivered by experienced mentors.

Workshop

1

What are my work options?

Meet your group of fellow autistic jobseekers.
Identify your goals for work.
Identify any barriers to access work.
Strategies to make an informed decision about work.



Pathways into work

Find out the steps to employment, and what employers look for.
Recognise your skills, strengths, and areas of development arising from your neurodiversity.



Workshop

2

Workshop

3

Jobsearching

Find out the key resources to use for job searching.
Understand the job description and person spec.
Create your personal job searching plan.



Sharing my diagnosis

Pros and Cons of sharing your diagnosis.
Who, when and how to share your diagnosis.
Group discussion, learn from the lived experiences of fellow autistic peers.



Workshop

4

Workshop

5

CV and cover letters

How to write a CV that showcases your skills, do's and don't's.
Learn about the different types of CVs.
How to format and write a cover letter.



Interview skills

Autism and communication barriers at interviews.
Masking at interviews.
Asking for adjustments.
Interpreting and answering interview questions.

Workshop

6

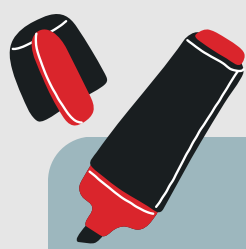
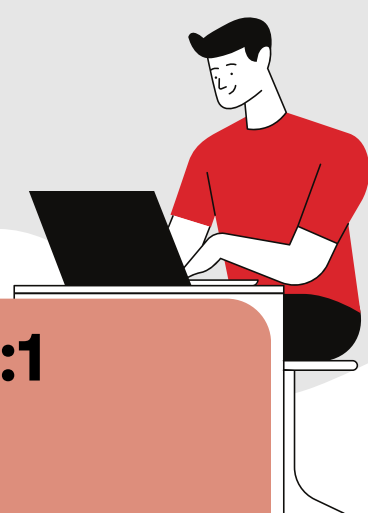


The programme has three, 1:1 mentoring sessions. You will have a mentor to work with for the duration of the programme.

Step 1

Pre-programme 1:1

Before your first workshop.
Meet your mentor.
Set your personal goals for this programme.
Identify any barriers and support you need.



Mid-programme 1:1

Halfway through the programme.
Review your goals and progress on the course.
Get support with your coursework.

Step 2

Step 3

End of programme 1:1

After the last workshop.
Get feedback on your CV.
Review your progress and set job searching goals.
Prepare for any upcoming interview.



Mock Interview

An opportunity to practice your interview skills with one of our mentors, with personalised feedback.

Step 4

Step 5

Stay in touch

Access future groups, job opportunities, internships and vacancies advertised by AS Mentoring partner employers.

