

# AS MENTORING Upcoming 2 hour workshops

Sessions will cover a combination of theory, practical and creative activities and discussions around each topic.

SATURDAY 25TH JANUARY 11 AM – 1PM

## UNDERSTANDING YOUR DIAGNOSIS; AUTISM



### Description:

A workshop for a small group of autistic adults who are either recently diagnosed or wanting to explore autism with other autistic people.

### We will explore:

- What is autism and how does it affect you?
- Coping with later diagnosis.
- If/how and when to share your diagnosis to those around you.
- What autism specific support is out there.

SATURDAY 22ND FEBRUARY 11 AM – 1PM

## UNDERSTANDING YOUR ADHD



### Description:

A workshop for a small group of ADHD adults who are either recently diagnosed or wanting to explore their ADHD with others.

### We will explore:

- What is ADHD and how does it affect you?
- How to work with your brain.
- If/how and when to share your ADHD to those around you.
- What ADHD specific support is out there.

SATURDAY 22ND MARCH 11 AM – 1 PM

## MANAGING ANXIETY IN THE WORKPLACE FOR NEURODIVERGENCE



### Description:

A workshop designed for a small group of neurodivergent adults who are either in work or who are preparing to enter employment. Participants will explore how anxiety manifests for them & learn practical tips & strategies to manage it whilst enhancing their overall well-being.

### We will explore:

- Common causes of anxiety for neurodiversity in the workplace.
- How to recognise you are feeling anxious.
- Short and long-term strategies to manage anxiety.
- How to enhance your self-care and well-being.

### Booking & further information

**\*Please note\*** These sessions are for neurodivergent individuals. Participants must be diagnosed **or** actively seeking a diagnosis to attend.

**Where:** Zoom

**Cost:** £35 to attend or 1 hour of current employment grant.

**Email us at [workshops@asmentoring.co.uk](mailto:workshops@asmentoring.co.uk) including the name and date of the workshop you would like to attend.**

