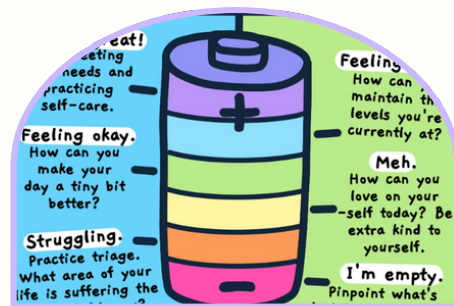


ASM LUNCH & LEARN Online Events Calendar January - June 2025

FRIDAY 17TH JANUARY

ENERGY ACCOUNTING



TIME

12-1pm

Description:

Get to know this tool to make sense of the balance between activities that drain and recharge your battery.

FRIDAY 21ST FEBRUARY

SENSORY INTEGRATION IN THE WORKPLACE



TIME

12-1pm

Description:

Learn your sensory profile and how to manage workplace sensory needs.

FRIDAY 21ST MARCH

SELF ADVOCACY IN THE WORKPLACE AND BEYOND



TIME

12-1pm

Description:

Learn core advocacy skills to enhance your communication, confidence and protect your boundaries.

FRIDAY 18TH APRIL

HOW TO CREATE ACCESS PASSPORTS FOR ADJUSTMENTS



TIME

12-1pm

Description:

An interactive workshop to understand how to request adjustments using an Access Passport.

FRIDAY 16TH MAY

AUTISTIC BURNOUT



TIME

12-1pm

Description:

Learn how to spot autistic burn out as well as some prevention and recovery techniques.

FRIDAY 20TH JUNE

AuDHD



TIME

12-1pm

Description:

Discover how the autistic and ADHD brain interact, as well as practical strategies for daily life.

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

If you're interested in attending any of these events, please email workshops@asmentoring.co.uk to register.

The cost of the sessions will be £15 to join or 30 minutes of your current employment funding grant.

