

ASM LUNCH & LEARN Online Events Calendar July - December 2025

Friday 18th July

EXECUTIVE FUNCTIONING



TIME
12-1pm

Description:

Learn about the skills that help us plan, prioritise, and organise. Understand how they affect you and explore supportive strategies.

Friday 15th August

REJECTION SENSITIVITY DYSPHORIA



TIME
12-1pm

Description:

Learn about RSD and how it impacts communication and self-esteem. Discuss and discover supportive strategies.

Friday 19th September

WORKPLACE WELLNESS ACTION PLAN



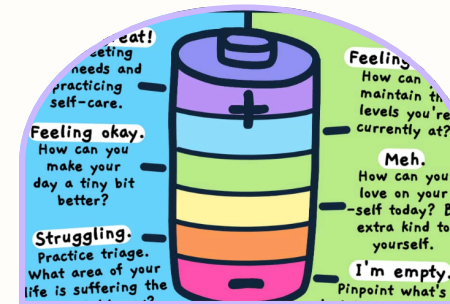
TIME
12-1pm

Description:

Learn about this useful workplace mental health & well-being advocacy tool. Start your own and learn how it can be used to support you in the workplace.

Friday 17th October

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 November

SELF ADVOCACY



TIME
12-1pm

Description:

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

Friday 19th December

COPING AT CHRISTMAS



TIME
12-1pm

Description:

Learn ways to cope with the demands of the festive season. We will share tips and ideas to help lessen potential overwhelm at this busy time of the year.

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.

