Empowering Ourselves to Be Heard

ADHD/Autism Awareness Training for Professionals

Our amazing **Empowering Project** is central to the philosophy of what we believe in at CAAS. It is about supporting and empowering those with and those who support individuals with Neurodiversity.

This high quality ADHD/Autism Spectrum Condition (ASC) awareness training is given by our highly experienced trainers and facilitators. It is delivered by knowledgeable professionals, parents who *know* what it is like to live with ADHD and/or ASC and most importantly people with ADHD/ASC. It truly empowers all those who participate to get their voices heard.

Our training will provide:

* Increased understanding of ADHD / ASC.
* Knowledge about the characteristics and diagnostic criteria.
* Insight into the perspective of a person with ADHD / ASC.
* Insight into the perspective of the parent’s role and experience.
* Increased understanding of the causes of Neurodiversity : How these “*differences*” are expressed - creativity ,‘challenging’ behaviour, sensory diversity, obsessions, communication style, social issues, mental health experiences, executive function challenges, aptitudes and skills.
* Ideas and approaches for supporting individuals with ADHD / ASC.
* The confidence to develop your own strategies for supporting people with neurodiversity.
* An opportunity for you to ask questions and engage so you can find out what want to know.

This course is suitable for anyone who is working with or is interested in knowing more about ADHD/ASC and no previous knowledge is required. Delegates will be provided with a Certificate of Attendance on completion of the course.

“Empowering” also provide tailor made neurodiversity training (ADHD & Autism) to meet the particular needs of your profession or work situation. Please contact us for more information.

**When:** Monday 11th January 2016

**Where:** CAAS, Television House, 269 Field End Road, Eastcote, HA4 9XA

**Fee:** £60 including lunch

Please advise of any allergies or dietary restrictions.

**If you cannot make this date but would be interested in attending in future, please let us know.**

To register on this workshop please:

Email: autism@adhdandautism.org

Phone: 020 8429 1552

Or complete the attached booking form and return to:

Centre for ADHD & Autism Support

Television House, 269 Field End Road, Eastcote, HA4 9XA

I would like to book places for the following people to attend the Empowering ADHD/Autism Training for Professionals

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| --- | --- |
| Name: | |
| Address: | |
|  | Postcode: |
| Phone: | Email: |
| Organisation: | Job Title: |

|  |  |
| --- | --- |
| Name: | |
| Address: | |
|  | Postcode: |
| Phone: | Email: |
| Organisation: | Job Title: |

Planned Training Agenda (may vary slightly on the day):

9.00am - 9.30am Registration

9.30am - 11.00am Understanding Autism

11.00am - 11.15am Break

11.15am - 12.00pm Understanding Autism

12.00pm - 1.00pm Understanding ADHD

1.00pm - 1.15pm ADHD Speaker

1.15pm - 2.00pm Lunch

2.00pm - 3.15pm Autistic Speakers

3.15pm - 3.30pm Break

3.30pm - 4.30pm Breakout Groups