



## **Autism Employment Ready Course**

### **Course Overview**

The Autism Employment Ready Course was designed to help individuals diagnosed with Autism and related diagnosis age 18+ (post high school) prepare to enter the workforce. Oftentimes, it's the lack of understanding of themselves, the diagnosis of Autism and soft skills (social interactions, communication, etc.) that keeps young adults and adults diagnosed with Autism from attaining and retaining meaningful employment (hence the current 90% unemployment rate). We believe that it's having the skills that students learn in this course, plus specific job skills that will lead our students to successful employment.

There are two parts to this course:

**Full Length of Course:** 6 weeks (2 days a week/4 hours/day)

### **Part 1 - Self-Discovery (3 weeks)**

This part of the training is 3 weeks in duration and is designed to help our students understand themselves, the diagnosis of Autism, and teach them tools and processes to manage their own emotional, sensory, mental and physical well-being. It will also help students start to envision the kind of life and future they want to create.

#### **Topics Include:**

- I. Understanding Autism
- II. Understanding Who You Are (and that's Amazing!)
- III. Understanding Emotions and the role they play in your Success
- IV. Identifying Your Old Habits of Thought and Creating New Habits that serve you
- V. Strategies to Address Sensory Challenges (noise/light/sound/touch/etc.)
- VI. What Fuels You – How Nutrition Affects Your Mood and Your Performance
- VII. Hocus, Pocus, Focus – The Magic behind Creating the Life you Want
- VIII. Movement Matters (The importance of Exercise and Movements)
- IX. The Art of Creating Your Future – Art Therapy Exercise
- X. Creating the Life you Want
- XI. Keys to developing good relationships (personal/professional)
- XII. Reducing Stress and Clearing your Mind (Meditation/Breathing Techniques/Yoga Techniques)



## **Part 2 – Understanding the Business Environment (3 Weeks)**

This portion of the training is 3 weeks in duration and is designed to apply what students learned in the Self Discovery phase to the business environment. There are many things about the business environment, social interactions and their performance that this portion of the training helps them to understand and practice.

### **Topics Include:**

- I. Prepare your Resume
- II. Applying for a Job
- III. Building your Interviewing Skills
- IV. What is your Dream Job - How to identify your Skills and Abilities and Identify Jobs that Match
- V. Understand the Different Business Environments
- VI. First things First – Key Job Responsibilities
- VII. Building Skills for Success
- VIII. Teamwork Matters
- IX. Tackling Time and Transitions
- X. Personal Grooming/Proper Attire
- XI. Improving your Performance
- XII. Business Relationships
- XIII. Keys to Career Success
- XIV. Asking for Help in the Workplace/Self-Advocating

- For candidates who need support offered in the Part I section, but are not quite ready for employment, we will accept applications for Part I as a separate Course.
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For more information on our courses, please contact Autism Shifts at our e-mail at [info@autismshifts](mailto:info@autismshifts) or by calling us at 1-813-251-2787