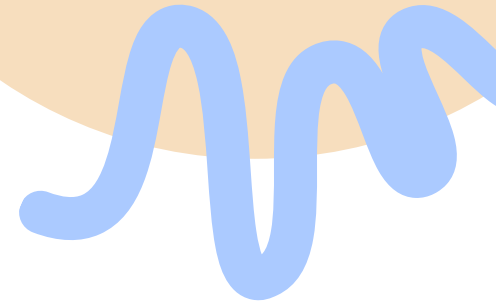




Autism and Neurodiversity Training and Consultancy for Education Providers

With inclusion shaping the **future of education**, empower your staff to **unlock better outcomes** that extend **beyond the classroom**.



In an **evolving educational landscape**, we help education providers develop **inclusive and effective** environments, strategies and resources to meet a diverse range of needs with **confidence**.



Pave the way for **neuro-inclusive education**

Starting from £250 for training sessions and £50p/h for consultancy, we offer a range of support to equip your team with valuable insights and practical guidance to:



- **Develop** a shared understanding of neurodivergence across your setting.
- **Recognise** and respond to emerging needs promptly and effectively.
- **Implement** adaptive teaching approaches that address barriers to learning and participation.
- **Embed** neuro-inclusive practice across teaching, pastoral care, policy, and leadership.
- **Transform** inclusion goals into meaningful outcomes extend from the classroom to the wider school community.

Mix and match – **build your Training Programme**



Ideal for INSET Days, **build your own full or half-day training programme** by choosing one core module and up to two additional Spotlight Modules. For shorter professional development sessions, choose from our range of focused **Spotlight Modules, ideal for after-school twilight training.**

Core Module	
Introduction to Autism and Neurodiversity*	This session introduces neurodiversity and what it encompasses, before exploring common challenges, unique differences and strengths associated with autism. Gain insight into autistic experiences in the school environment and take away practical strategies to better support, engage and connect with autistic students.

*As part of a half-day (3.5 hour) Build Your Own package, this Core Module is delivered as a 1.5 hour session. Within a full-day programme (5.5 hour), the Core Module content is explored in greater depth and expanded into a 3 hour session.

Spotlight Modules	Description
ADHD and AuDHD*	Learn about different types of ADHD including how ADHD and Autism can present together. Challenge stereotypes, explore the “AuDHD paradox,” and take away approaches to support executive functioning, attention and regulation.
Emotional Regulation and Supporting Behaviour	Explore functions of behaviour and factors contributing to emotional regulation challenges for autistic students. Gain proactive strategies aimed at meeting needs, reducing overwhelm and emotional expression.

Spotlight Modules	Description
Supporting Change and Transitions	Understand processing differences that can make changes and transitions more challenging for autistic students. Discover adaptable approaches for both everyday routines and larger transitions, to help reduce anxiety and increase predictability.
Non-Stereotypical Autism Presentations	Discover how autism can present differently across genders, and beyond stereotypes. Increase your understanding of gender bias, barriers to identification and often overlooked experiences, to improve earlier recognition of needs and effective support.
PDA (Pervasive Drive for Autonomy)*	Gain insight into the PDA (Pervasive Drive for Autonomy) profile of autism, considering functions of avoidance and the perception of demands. Understand functions of avoidance and learn strategies to reduce distress and support positive engagement.
Autistic/ADHD Burnout	Explore the experience of autistic burnout, including potential causes and how it differs from more general burnout. Understand the burnout cycle, how to recognise the signs, and take away ideas for fostering recovery and sustainable prevention.
Autism and Mental Health*	Examine how autism and mental health intersect, including co-occurring conditions and how mental health challenges may present differently in autistic students. Discover ways to reduce overwhelm and support positive outcomes in both education and wellbeing.

**For greater flexibility, "ADHD and AuDHD," "PDA" and "Autism and Mental Health" are offered in two formats: a 2.5 hour training session as well as a 1 hour Spotlight Module.*

Bridge the gap between learning and practice

Our Training Follow-Up Workshops are designed to help participants **apply their learning from the training directly to their day-to-day practice.**



Small groups complete scenario-based activities expanding on topics covered in training: processing, sensory experiences, behaviour and emotional regulation, communication, and supporting mixed neurodiverse groups, to discuss with the wider group. Collaborate, problem solve, reflect, and share ideas.



Teams explore current and anticipated challenges within their service areas, and brainstorm practical solutions, relevant resources, and achievable next steps.



Concluding with reflective group discussion - consolidate key learning, share insights, and develop clear actions to ensure learning is translated into confident and effective practice.

Looking for fresh perspectives or support to address specific challenges?

Explore **specialist consultancy** with flexible, practical guidance tailored to the needs of a student, service or team requiring a **more bespoke approach**. Choose from three tiers of support to find the right fit for your setting:

	Tier 1	Tier 2	Tier 3
Initial discovery meeting to explore areas of need and support priorities	✓	✓	✓
Comprehensive follow up report outlining recommendations	✓	✓	✓
Creating personalised resources (where necessary) and signposting to further support materials	✓	✓	✓
Observation conducted within your setting to gain further insight		✓	✓
Follow-up consultation to review progress and advise next steps		✓	✓
Development of bespoke training session based on areas for development identified during observation and consultation process			✓

Additional follow-up consultations can be booked at any stage and are charged separately from your chosen package.



Capacity Building for Students

Creating an inclusive community to learn in starts with understanding, at all levels. Our student talks and workshops are designed to help young people develop their understanding of neurodiversity, challenge common misconceptions, and learn how to be more supportive peers. **Available in the form of bitesize 20 minute assembly talks or hour long workshops for smaller groups**, these sessions enable students to explore neurodiversity in an accessible and relatable way.

Topics
Fact or Fiction? What actually is neurodiversity?
Celebrating Different Minds – Autism and ADHD
The World Through Our Senses
More than just words – How We Communicate



Additional support for neurodivergent staff, and adults in education

As an extension of our training services, we offer **specialist counselling** for autistic adults, which does not require a formal diagnosis. [Click here to find out more.](#)



"My main takeaway is a deeper understanding of how autism can present differently in girls. I learned that girls are more likely to mask, which can result in their needs being overlooked. This has highlighted the importance of being aware of subtler signs in order to provide timely and appropriate support." – St Mary's CofE Primary School

My main takeaway is "the importance of supporting staff in my school setting to understand more about person centred approaches and different functions of behaviour"... "I'll definitely use some of these frameworks and resources in future."
– Royal Free School



"I now realise the things I need to help me support (autistic learners) like having a more understanding and accepting student and staff body who make space for diverse thinkers and learners"... "I think, in hindsight, I really need to work towards a more inclusive organisation, and a more adaptable curriculum in the subject I teach." – Anon

Ready to graduate from awareness to action?
Start planning your next chapter with us today:

-  [Click here](#) to fill out a training enquiry form.
-  [Click here](#) to book a virtual consultation.
-  Connect by email on:
emily@resourcesforautism.org.uk
-  Or, just give us a call: 02046422230



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