

Getting Career Ready:

Neurodiversity Career Training Programme



At **Exceptional Individuals**, we value your talents and are passionate about helping you harness them for a fulfilling career. Our neurodivergence-tailored career training supports you in finding the right job, excelling in applications, and managing neurodivergence at work.

See below for an outline of our 7-part programme to help you get career ready:

1

NEURODIVERGENT STRENGTHS

Identifying your greatest skills and exploring how you can authentically showcase them in an effortless way.

FINDING AN INCLUSIVE EMPLOYER

Learn how to identify inclusive employers that align with your career goals and are able to support you at work.

2

3

CVS AND BEYOND

Explore strategies to make your CV showcase your personal skills and strengths and learn about effective networking.

DISCLOSURE OF NEURODIVERGENCE AT WORK

Discussing the best techniques for disclosing your neurodivergence disability to your employer.

4

5

STRESS MANAGEMENT

Struggling to face your to-do list when you feeling overwhelmed? This session will give you tools to manage yourself better at work.

ASSISTIVE TECH FOR NEURODIVERSITY

Exploring the different kinds of assistive tech that can support you in successfully performing your role the workplace.

6

7

INTERVIEW PRACTISE AND ADJUSTMENTS

Learn how to prepare for interviews, confidently handle questions, and find the right adjustment to help you excel.

Check your eligibility for our careers training sessions [here!](#)

or
For more information contact: elsie@exceptionalindividuals.com