

Remote One to One Next Steps to Success Course



Do you have Autism or ADHD?

Would you like to take part in an interesting fun and challenging course which takes place entirely online and by phone?

If so this is the course for you - Cute Dog Consulting (not a dog trainer but a company with a really cute dog) is a neurodiversity specialist training company who are working with the Job Centres in Kent to help you plan your career and take the next steps to work when you are ready.

They are offering 8 weeks of support by phone, email, social media and online platforms starting in March.



FAQs:

How long are the sessions?

Up to 2 hours, but each session will be with the same trainer, and will be as long or short as your attention and interest allows.

What days and times will the sessions be?

We will arrange this to suit you and stick to a familiar timing.

When does it start?

It starts with a short interview on the phone with Cute Dog, and then runs for 8 weeks after that.

Who are the trainers?

Sophie K and Chris D, experienced trainers with lived experience of neurodiversity who will make sessions fun and relevant.

Why should I take part?

To help you embrace and accept your superpower and to help you find the perfect role for you.

Sessions Include:

- Drawing an action plan for my work / social life.
- Looking at career options, different CVs for different jobs, and who you would really like to work for or volunteer with.
- Understanding Disability Employment passports, Access to Work and Better off calculations.
- Support to get a work experience placement or volunteering opportunity if that suits you.
- Talking to colleagues and managers about your neurodiversity.
- Managing difficult relationships and coping with rejection.
- Working with Lere Fisher - a well known celebrity trainer and acting coach - who will help you become optimistic and confident, and develop an understanding of yourself and your unique superpower!

Please ask your work coach to refer you.

Info is also on the Cute Dog Website: WWW.CUTEDOGCONSULTING.COM



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