

Autism - From The Inside Out
8th November 2016, Bristol



Most people came to 'Autism – from the inside out' to gain a better understanding of Autism to help support people they work with.

We asked our attendees how they would rate our course presenters on their delivery style

100% said Excellent

We asked our attendees how they would rate our course presenters on the course material they used

100% said Excellent or Very Good

100% of respondents said they were 'Very Likely' to recommend this course to others

A selection of open comments from attendees on what they enjoyed, learnt and will take away with them:

It has given me a good insight in to what it feels like in their mind and how I can be / react to make their world a good place/deal with issues

Discussing/exploring how we see the world ourselves

Finding/awareness of my own strategies

Focussing on showing us ways in which people with Autism perceive the world was excellent

Exercises to understand filtering

Because people can't "communicate in our language" doesn't mean we don't understand

To understand how someone perceives world, understand yourself

Everyone has different strengths

Trying not to impose my own way of seeing the world onto our service users

Work with the strategies people already have

To be aware of how I process things in moving forward to try and understand Autism

Gave me a big understanding of Autism and everything regarding it