



**Member Training:**

**Building Awareness and Practical Strategies for Supporting Neurodivergent Family and Friends**

**August Featured Training**

**Building Awareness and Practical Strategies for Supporting Neurodivergent Family and Friends** This session aims to provide participants with valuable insights and practical strategies for fostering understanding and supporting neurodivergent individuals, particularly family and friends. The session explores neurodiversity, highlighting the unique perspectives and needs of individuals with these conditions, with a specific focus on children. Through research findings and real-life examples, participants will gain an understanding of the common characteristics and challenges associated with autism and ADHD. The session then delves into effective communication strategies to foster positive relationships and reduce misunderstandings. Practical tips will be shared on creating a supportive environment, including establishing routines, providing sensory accommodations and using positive reinforcement. The ultimate goal of this session is to empower participants to build bridges of empathy, understanding and support, enabling them to make a meaningful difference in the lives of their neurodivergent family and friends.

**Participants will:**

* gain insights into neurodivergent perspectives and needs
* learn effective communication strategies
* discover practical tips for creating a supportive environment
* explore different approaches for building meaningful relationships with neurodivergent family and friends

Register for a live, one-hour training session or use the on-demand option to watch the training session when it’s convenient for you. The training session options are in English and available globally.

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| **Recorded sessions**On demand(no Q&A)[**Watch here**](https://optum.webex.com/webappng/sites/optum/recording/723d5059e723103bb99f005056819d4d/playback)**Short on time?****Watch the 10-minute summary** [**here**](https://optum.webex.com/webappng/sites/optum/recording/c43093b0e897103b9eff00505681f8ac/playback) | **14th August**7:00 am – 8:00 am BST(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006A1h3QAC) | **15th August**5:00 pm – 6:00 pm BST(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006A1h8QAC) | **16th August**7:00 pm – 8:00 pm BST(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006A1hNQAS) | **17th August**1:00 pm – 2:00 pm BST(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006A1hOQAS) |

**Space is limited for the live training session options, so advance registration is required.**

## Next month’s training will focus on suicide prevention. Keep an eye out for the registration links to join a live session or use the on-demand option to watch when it’s convenient for you.

**Get started**

This programme should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency

services phone number if you are outside the United States or go to the nearest A&E. This programme is not a substitute for a doctor’s or professional’s

care. Due to the potential for a conflict of interests, legal consultation will not be provided on issues that may involve legal action against Optum or its

affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g. employer or health plan). This programme and all its

components, in particular services to family members under the age of 16, might not be available in all locations and are subject to change without prior

notice. The experience and/or educational levels of the Employee Assistance Programme resources may vary based on contract or country

regulatory requirements. Coverage exclusions and limitations may apply.

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