



AAS Discovery Programme

Our Discovery Programme was developed over eight years of working with Autistic adults and their families. It is the culmination of a journey of self-discovery that began in 2017 when I was identified as Autistic.

Through a blend of personal insights, Autistic writings, and meaningful face-to-face interactions, we identified the key concepts that empower Autistic individuals to transition from a state of perceived weakness to one of self-empowerment and exploration. Only then can we truly blossom and show the world the immense human potential it has been missing:

- 1. Fostering Autistic Safety & Rapport.** We will get to know each other and I will show you what it means to experience "Autistic safety".
- 2. Autistic Collaboration & Sensory Profiles.** Working together, we will investigate what your particular sensory profile looks like and why this matters.
- 3. Processing of Information & Autistic Communication.** We will apply the previous session to your communication style to help you slow down when it is really needed.
- 4. On the importance of Radical Self-care & Boundaries.** We will talk about what radical self-care looks like to you and how to set up boundaries.
- 5. Autistic Empathy & Finding your Neurotribe.** We will talk about why we are often misunderstood and how to find a sense of human belonging (and Autistic Joy).
- 6. Coming out of the Shell & Rejection Sensitivity.** We will explore masking, relationships and why is it so hard sometimes to perceive small setbacks as necessary steps forward.
- 7. The time is NOW! Intrinsic Motivation & Authenticity.** We will put everything together to help you connect with your passion and find your place in an Autistic-friendly way.