



Building Bridges Training

Autism training

Half-day online training event

This half-day online training on Autism delivered by two Autistic trainers from Building Bridges will cover:

- Lived experience of autistic people
- Stereotypes and myths
- Friends and relationships
- Sensory overload
- Special interests
- Labels (neurotypical/ diverse)
- Reasonable adjustments
- Communication
- Responding to stress, anxiety and meltdowns
- Key legislation and strategy; The Autism Act 2009



Date: Wednesday 12th August 2026

Venue: Online

Times: 2pm to 3.30pm

Cost: £20 per person

Booking is available on our website: <https://www.building-bridges-training.org/autism-training>

For enquiries: mail@building-bridges-training.org