



JUNE

NEWSLETTER

AS MENTORING

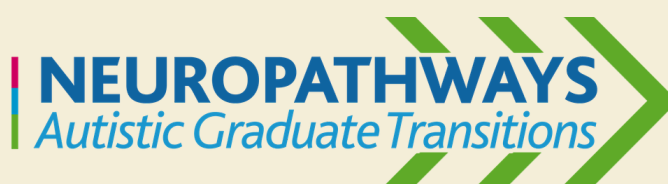


We'd like to celebrate some of the outstanding organisations we've had the privilege of working with – businesses that are actively leading the way in creating truly neuroinclusive workplaces.

Having working with AS Mentoring to embed neuroinclusive culture at the heart of their organisations, these employers are ensuring neurodivergent individuals can thrive at every stage of the employee journey.

By embracing diverse ways of thinking, they are unlocking talent, driving innovation, and setting a powerful example for others to follow.

If your organisation is interested in talking to us about genuine inclusion reach out to enquires@asmentoring.co.uk



We kicked off the Bath Spa 'Step into work – Neuropathways' peer support group in May!

The core group of final year Bath Spa students meets every 2 weeks to support their peers during the transition from university to work life.

We all know how beneficial peer support groups can be for Autistic and ADHD individuals. Three sessions in, we've already received feedback that the group members feel boosted by attending because they hear others' experiences and realise they are not alone. So far, we have focused on well-being and burnout. Our next session will cover finding routine and maintaining motivation.

If you are a client and have an idea for a group you'd like to see us run, get in touch with us at workshops@asmentoring.co.uk with your ideas and suggestions and we can try and make it happen!

The ASM Neurodiversity Partner Programme



Building Inclusive Workplaces, Empowering Neurodivergent Talent

For more info visit : [Partner Programme](#)

The easiest way to reach out to us is via our new [Contact Form](#). We post regularly on Instagram and LinkedIn with talking points, service updates, and things worth knowing.



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A Spotlight on...our mentors



I cannot thank my mentor enough for the work she has done with me. She lets me talk about emotions but gently moves me onto strategising and makes sure I don't get stuck. She really understands the workplace challenges I have experienced as an AuDHD female

I've found the mentoring support very valuable. It has helped me better manage challenges at work and given me more confidence in my role.

The mentoring she has provided has been an absolute godsend. I had no idea where to even start, and very little self confidence, and she is now a vital part of my support network.

My mentor is focussed, encouraging, intuitive, friendly yet professional, and has really helped me grow in confidence over the months of mentoring

The support received has been invaluable in combatting isolation and thoughts of hopelessness...The enthusiasm and optimism provided in these sessions helps to balance my more negative thoughts.

We'd love for you to be part of our upcoming newsletters so if you have a positive story to share or a ND friendly venture or business we can promote get in touch

alice.mitra-hall@asmentoring.co.uk



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