



AUTISTIC WOMEN IN WORK

AS MENTORING PRESENTS:

A MONTHLY PEER SUPPORT GROUP FOR AUTISTIC/AUDHD
WOMEN IN THE WORKPLACE

A SUPPORTIVE SPACE TO EXPLORE UNIQUE EXPERIENCES, TO
SHARE TIPS, STRATEGIES, AND PERSONAL STORIES

A VIRTUAL PLACE TO CONNECT AND BUILD A COMMUNITY

THE GROUP CHOOSES ITS OWN TOPICS, AND CHARLOTTE
FACILITATES MEANINGFUL DISCUSSION, GROUP COACHING,
WELLBEING STRATEGIES, AND SOCIAL TIME

WHEN: A year long group starting Feb
2027 on a weekday (P.M) decided on
majority preferences.

WHERE: ZOOM

COST: Self-funded £40 per session or
by current workplace support
funding.



Interested in joining or finding out more?

Email workshops@asmentoring.co.uk

