

# **Courses that are run by our neurodiverse team**

Students are selected, based on their needs, to attend a 6 week programme of workshops, one hour per week. The courses we offer are listed below and we include up to 4 students in a group.

## **Building Resilience & Self Esteem**

Building Resilience / Self Esteem  
Understanding the need for resilience  
Looking at how we support yourself  
Build independence  
5 point scale

## **Managing Emotions & Emotional Regulation**

Managing Emotions / Emotional Regulation  
Emotional literacy  
Working with stress and emotional battery  
Communication focus  
Anger and outbursts  
Fight, Flight or Freeze responses

## **ADHD and Me**

What is ADHD / Support group for those with ADHD?  
How can ADHD affect me?  
Looking at strengths  
Life after Redborne - careers and ADHD in the future

## **ASD and Me**

What is ASD?  
How can ASD affect me?  
Looking at strengths  
Life after Redborne - careers and ASD in the future

## **Managing anxiety**

What is anxiety?  
Tools and strategies to manage anxiety in different situations