



**Member training:**

**Building awareness and practical strategies for supporting neurodivergent family and friends**

**August featured training**

**Building Awareness and Practical Strategies for Supporting Neurodivergent Family and Friends** This session aims to provide participants with valuable insights and practical strategies for fostering understanding and supporting neurodivergent individuals, particularly family and friends. The session explores neurodiversity, highlighting the unique perspectives and needs of individuals with these conditions, with a specific focus on children. Through research findings and real-life examples, participants will gain an understanding of the common characteristics and challenges associated with Autism and ADHD. The session then delves into effective communication strategies to foster positive relationships and reduce misunderstandings. Practical tips will be shared on creating a supportive environment, including establishing routines, providing sensory accommodations, and using positive reinforcement. The ultimate goal of this session is to empower participants to build bridges of empathy, understanding, and support, enabling them to make a meaningful difference in the lives of their neurodivergent family and friends.

**Participants will:**

* Gain insights into neurodivergent perspectives and needs
* Learn effective communication strategies
* Discover practical tips for creating a supportive environment
* Explore different approaches to building meaningful relationships with neurodivergent family and friends

Register for a live 1-hour training session or use the on-demand option to watch the training when it’s convenient for you. Training options are in English and available globally.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Recorded sessions**On demand(no Q&A)[**Watch here**](https://optum.webex.com/webappng/sites/optum/recording/723d5059e723103bb99f005056819d4d/playback)**Short on time?****Watch the 10-minute summary** [**here**](https://optum.webex.com/webappng/sites/optum/recording/c43093b0e897103b9eff00505681f8ac/playback) | **14th August**01:00-02:00 CDT(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006A1h3QAC) | **15th August**11:00-12:00 CDT(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006A1h8QAC) | **16th August**13:00-14:00 CDT(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006A1hNQAS) | **17th August**07:00-08:00 CDT(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006A1hOQAS) |

**Space is limited for the live training session options, so advance registration is required.**

## Next month’s training will focus on suicide prevention. Keep an eye out for registration links to join a live session or use the on-demand option to watch when it’s convenient for you.

**Get started**

This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency

services phone number if you are outside the United States, or go to the nearest A&E. This program is not a substitute for a doctor’s or professional’s

care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its

affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This programme and all its

components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior

notice. Experience and/or educational levels of Employee Assistance Program resources may vary based on contract requirements or country

regulatory requirements. Coverage exclusions and limitations may apply.

© 2023 Optum, Inc. All rights reserved. Optum is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product

names are trademarks or registered marks of the property of their respective owners. Optum is an equal opportunity employer.