

CAAS Commercial Training



Empowering Professionals to Support Neurodiversity

As part of our Empowering Ourselves to be Heard project, we offer high-impact training for professionals looking to better understand and support neurodivergent individuals, whether in education, healthcare, or workplace settings.

Our training is delivered by the experienced team at CAAS (Centre for ADHD & Autism Support), in collaboration with experts by experience — including autistic adults, individuals with ADHD, and family carers. This powerful, real-world perspective has earned our programme recognition as an example of best practice in the Department of Health's "Think Autism" strategy.

Why training is important

Workplaces and professional environments are increasingly recognising the value of ensuring their setting is inclusive and diverse, and they benefit from the unique perspectives brought by neurodivergent individuals, including those diagnosed with Autism and ADHD.

However, many organisations find they lack the knowledge or confidence to fully support neurodivergent individuals, whether as employees, clients, or service users. This is where our training can help by:

- Promoting inclusion by reducing stigma and unconscious bias.
- Improve communication with colleagues or clients.
- Create accessible environments where everyone can thrive
- Enhance performance by tapping into diverse strengths.
- Comply with legal obligations under the Equality Act (including the provision of reasonable adjustments)

In short, neurodiversity training equips teams with the knowledge and tools to build more inclusive, respectful, and effective workplaces, benefiting both individuals and organisations.



Flexible, Accessible, and Tailored to You

We provide in-person sessions for organisations local to our centre in Eastcote and across London or online training for organisations further afield. Our sessions are suitable for:

- Workplaces looking to foster inclusive, neurodiverse environments
- Professional teams across health, education, and social care
- Small groups or large audiences – with content tailored to your needs



Booking CAAS' Commercial Training

To book this training, please fill out our booking form or contact us directly for more information. We're here to support your journey toward creating a more inclusive and understanding environment for neurodivergent individuals.

To book, please complete the form:
<https://forms.office.com/e/KE3CEgzp7E>



Training Topics Include:

Understanding Autism and ADHD:

- An opportunity to develop a comprehensive understanding of autism and ADHD by exploring key areas like unique strengths such as hyper-focus and commitment to change, along with challenges such as social communication, sensory differences, processing differences and rigid and repetitive behaviour.
- Overlap of ADHD and Autism: Learn about the shared challenges, such as executive functioning difficulties, sensory impacts, and emotional regulation issues that affect both conditions.
- Practical Strategies: Gain practical tools and strategies to effectively support autistic and ADHD individuals in everyday settings
- Personal Perspectives: Hear directly from an autistic / ADHD young person or adult offering invaluable insight into how these conditions can affect everyday situations

Our training can be delivered as a brief 1 hour ADHD or autism awareness session to a half-day training featuring a guest speaker who shares their lived experience. We offer training for small groups or for the entire staff body, at a time that suits you.

Costs start from £350



Why Choose Us?

- Delivered by an experienced team and lived experience experts.
- Practical, engaging and relevant to today's places of work
- Competitive pricing and flexible delivery formats.

"I would like to thank the trainers as the training was outstanding, engaging, concise yet highly informative and thought-provoking. Offering to answer questions at the end was much appreciated too."

"It was a real eye-opener and an excellent starting point to understand how everyone feels individually, the difference our actions can make, and how to start thinking about putting workplace provisions in place."

About CAAS

At CAAS, our mission is to Support, Educate, and Empower individuals with ADHD and autism. We are committed to creating learning opportunities for the community, aimed at improving the lives of neurodiverse children, young people, and adults. Since 2014, we've provided training to schools, voluntary organizations, businesses, and statutory services, equipping hundreds of educators and professionals with the skills needed to support neurodivergent individuals.