

Profile for:

I agree for this to be shared with:

Date created:

Date amended/reviewed:

My strengths
Anything to do with computers – they are my particular interest
Meticulous and methodical
Excellent listening skills
Problem solving
Conflict resolution
Attention to detail
Kind and considerate
I assess the situation/task without being judgemental

I have difficulty when people...	It helps me when people...
People assume my lack of eye contact is a lack of interest	Learn more about autism and that my lack of eye contact is part of my autism. I find eye contact intimidating and reducing intense eye contact makes me more comfortable.
Assume I can always read between the lines	Say what they mean and are clear and direct as I may miss nuances or not interpret tone of voice as intended
Assume I can fill in the gaps concerning 'what if' scenarios	I can draw on experiences I know and people ask me to 'think back to a time when', rather than 'imagine if you had to...'
Involve me in banter and small talk – I prefer to talk about work related topics	Understand that I may not always understand or want to take part in office banter/small talk as it makes me anxious and not to take this personally
Rely on communicating with me using facial expressions or body language	Understand the difficulties some autistic people face when reading facial expressions and body language and for people to use their words to effectively communicate
Expect me to remember lots of names – it may take me a little longer to learn new names	Provide LinkedIn profiles or a document of who is who including pictures and organisational charts

