

Happy at work workshop

Free employment workshops for people with autism and learning difficulties.

If you're in paid work or volunteering these workshops are designed to provide you with information to help you feel confident, comfortable and happy at work.

The workshops will cover:

- what makes a happy workshop
- how to feel happy at work
- professional boundaries
- Do's and Don'ts at your workplace
- reasonable adjustments
- how to ask for help at work

Last updated: April 30, 2025