



NAVIGATING THE WORKPLACE WITH AUTISM

Tips for career success from



Unfortunately, many autistic adults are unemployed or underemployed. Autistic adults often have certain unidentified or unaddressed job needs, resulting in poor job fit or job loss. Having these conversations at the appropriate times can help you or a loved one get and keep a job.

Looking for a job



Start with honest conversations with yourself about your ideal work environment. Think back on previous jobs, volunteer work, or classes and ask yourself what you liked and didn't like about them. This type of reflection and self-knowledge will help you focus your job search.

- What level of routine do you prefer in your workday?
- Can you handle and do you enjoy a fast-paced work environment or do you prefer long-term projects with flexible deadlines?
- Do you work better alone or thrive around others and with group projects?

Starting a new job

Starting a new job is an exciting but stressful time. Employers spend time and money to hire employees they think will be a good fit for their company. You can help ensure your success on the job by communicating to your employer what will help you succeed.



- Do you need written instructions or clear, direct communication for work tasks?
- Do you find it helpful to set up regular check-ins with your supervisor for feedback on your job performance?
- Do you need breaks in your workday to help keep you focused?

Keeping a job



Finding a job that is a good fit for your skills is important for job satisfaction. And your relationship with your co-workers is also important. Studies show that people with at least one close friend at the office are 7 times more engaged at work than average.

- How can I make office-appropriate small talk to build relationships with my co-workers?
- How do I recognize and navigate office politics?
- If I choose not to disclose my autism to them, how can I communicate my needs to my co-workers?

“ Understanding who you are, what you need, and how to get it at work are the keys to successful employment for autistic adults.
- Beth Felsen, Master of Psychology, Autism specialist ”

At Spectrum Transition Coaching, we prepare autistic young adults for success in college, career, and life.

Learn more at SpectrumTransitionCoaching.com