

ASD Self -Reflection Form

This form is designed to help you reflect on your needs before you meet with your people manager. Please be as honest as you can, so that the right adjustments can be made for you. You will be expected to submit it to your manager. It is a tool to help you request the help you need.

What support do you need when communicating? Do you prefer telephone or email? Do you need a tone description?

What are your sensory needs? Do you need breaks? Do you need ear protection? Do you need support in regulating your temperature?

How do you avoid burnout?

What do you want your working week to look like? Which days can you work? How do you feel about teaching at two or three schools a day? Could you cope with whole-class teaching?

For New Employees- What adjustments were made for you in your previous role? Did you have any reviews with occupational health?

Existing Employees- What have you achieved in the last 12 months? What areas of your teaching have you struggled with?

Is there anything else you want your people manager to know about you and your needs?