# Autism Society

## Becoming an Autism Informed Organization
# Navigating Emotional Regulation

## Community Need

Emotional regulation is a key component of workplace success, yet traditional work environments often lack the awareness and tools to support Autistic individuals' emotional experiences. Misunderstandings around emotional expression, regulation challenges, and sensory-related responses can lead to stigma, isolation, and burnout. By increasing understanding of emotional regulation and dysregulation, organizations can foster empathy, reduce bias, and build truly inclusive and productive workplaces.

## Course Description

*Becoming an Autism-Informed Organization: Navigating Emotional Regulation* is a practical, insight-driven course that explores the emotional experiences of Autistic individuals at work. Through visual models, real-world examples, and reflective prompts, this training breaks down the complexity of emotional regulation, the impact of alexithymia, and the role of stress, sensory input, and executive function. Participants will gain the tools to recognize emotional signals, respond with empathy, and implement strategies that support self-regulation for all employees.

## Learning Objectives

- **Understand Emotional Regulation**
  Define emotional regulation and explore its diverse forms of expression.
- **Identifying Dysregulation**
  Learn to identify signs and types of emotional and sensory dysregulation.
- **Connection Between Stress and Behavior**
  Understand how stress and triggers influence responses and behavior.
- **Explore Alexithymia and Emotional Lag**
  Recognize how challenges in identifying and expressing emotions impacts experiences.
- **Supporting Emotional Regulation**
  Implement personalized tools and strategies to promote regulation.
- **Promote Emotional Awareness at Work**
  Normalize emotional awareness as a workplace-wide practice.
- **Foster Emotionally Inclusive Teams**
  Build team cultures that respond to emotional needs with empathy and understanding.

## Registration Details

This is an online, self-paced course available through the Autism Society Training & Resource Center. Participants can work through the content at their own convenience. A certificate of completion will be available to those completing the course.

**Cost: $50**
**Prerequisites: None**
**Length of Training: 1 Hour**
**Length of Access: 6 Months**

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