

Community Education Service



Improving emotional health and well being

Thriving and Autism Tips Tricks and Strategies for Success

Dr. Heather M. Brown, Associate Professor, Department of Educational Psychology, University of Alberta

She is also an autistic professional who studies autism. Her [AIDAN lab](#) aims to uncover strategies to support the academic achievement and overall well-being of autistic children, youth and adults. By doing so, her research is poised to empower autistic individuals to be more self-confident in their neurodiversity and to develop a better understanding of the factors that most support their well-being at home, work and school.

We all have an intuitive notion of what it means to live well, or what it means to thrive, or what human flourishing looks like. But figuring out what thriving looks like for us personally is a really hard question to answer. If you are autistic, that question might be even harder to figure out. In this workshop, Dr. Brown will present findings from research conducted primarily by autistic researchers themselves, in which they examined the constructs of wellbeing and quality of life for autistic individuals. By drawing on the lessons from the neurodiversity movement and personal experience, she will also present tips, tools, and strategies for learning to Thrive. The importance of (a) presumed competence and autonomy; (b) sparks, flow, and special interests; and (c) positive identity, belonging, and connection will specifically be considered.

FREE Webinar

**Thursday, January 13, 2022
6:30 - 8:30 PM**

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