

# spectrum women events

presents...



## Empowerment on the Autism Spectrum

### Venue:

**Penrith RSL Club,  
8 Tindale Street,  
Penrith NSW**

**16th August 2019**

**9.30am - 2.30pm**

### Ticket Price:

**Autistic Person \$55**

**General \$99**

### About the workshop...

This workshop focuses on strategies and supports to empower women and non-male individuals on the autism spectrum in gaining self-advocacy and self-determination skills to set them on a pathway to a more fulfilling life. Throughout this workshop, Barb and Yenn will explore issues faced by autistic individuals in a variety of life settings, resonating from their personal lived experience, current research and community knowledge. Practical group activities and discussion will provide an opportunity to expand knowledge within the wider community and to enlighten health professionals and educators in how to best support and genuinely create inclusive settings for autistic individuals.

### Topics covered:

Employment, Diversity, Inclusion, Assertiveness, Personal Safety, Anxiety, Self-Care, Mental Health.

This workshop is for autistic adults, parents, educators, health professionals.

On completion of this workshop, a certificate will be provided with four (4) hours personal development.

### About the Speakers...

**BARB COOK** was formally identified on the autism spectrum along with ADHD and phonological dyslexia at age 40, and is editor and co-author of the internationally acclaimed book *Spectrum Women: Walking to the Beat of Autism*, and editor in chief of *Spectrum Women Magazine*. She is an internationally recognised speaker and writer and appeared in the short TV documentary, *The Chameleons: Women with Autism*.

Barb was awarded a Special Commendation in the 2017 Autism Queensland Creative Futures Awards by the Queensland Governor. Barb is also currently completing a Master of Autism at the University of Wollongong (Education and Employment), an entrepreneur and mentor for the neurodiverse.



**YENN PURKIS** (formerly Jeanette Purkis) is an autistic author, presenter and advocate. Yenn has six published books on elements of autism, has given many keynote presentations including for TEDx Canberra and represents on several advisory boards and committees. Yenn has had a number of media engagements

including featuring in the ABC documentary *Alone in a Crowded Room*. Yenn is active in social media, publishing weekly blogs and a daily meme since 2014.

Yenn was named the 2016 ACT Volunteer of the Year and has a number of other awards for community leadership. They even feature on a mural of local heroes in Canberra where they live. Yenn has facilitated a women's support group in Canberra since 2011 and mentors a number of young people on the autism spectrum. Yenn also works for the Australian Public Service.

**To book your ticket online, please visit [www.spectrumwomen.com/events](http://www.spectrumwomen.com/events)**