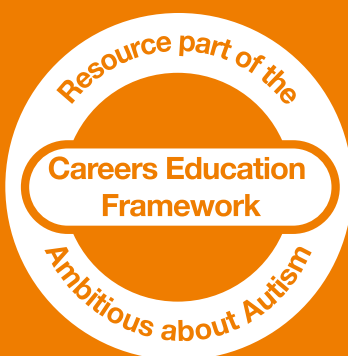




**Ambitious
about Autism**

Vocational profile



Contents

1. About me
2. My health and well-being
3. Employment history and goals
4. Workplace reflections
5. Skills and support summary
6. My employment preferences



1. About me

My interests and hobbies

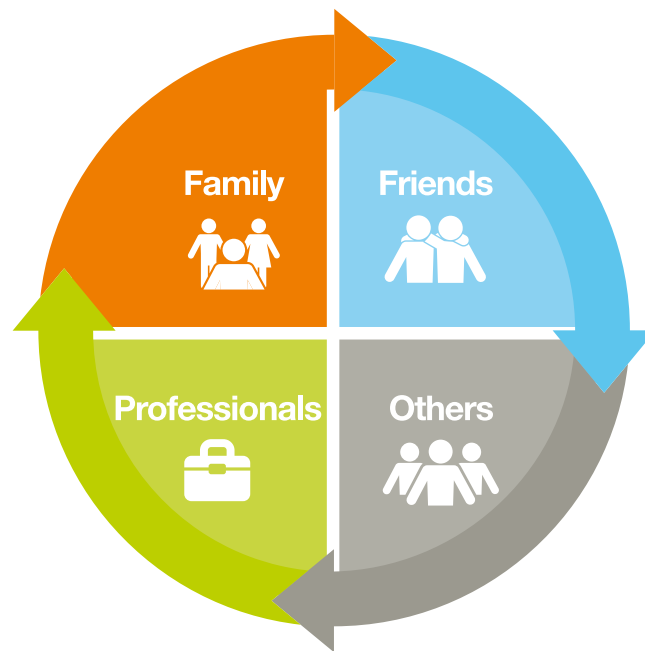
My skills and talents

How others would describe me

My cultural and religious beliefs



My support network



2. Health and well-being

My health

My health needs are: (Examples could include asthma, epilepsy and diabetes.)

I manage my health needs by: (Examples could include taking medication, taking extra breaks and using specialist equipment.)

My health needs can affect my work by:

My well-being

When I am happy or feeling okay I will:

When I am anxious, upset or worried I will:



My well-being (continued)

When I am feeling worried, upset, anxious or angry, the following are helpful:

Listening to music

☐

Talking to someone

☐

Going for a walk

☐

Writing down my thoughts and feelings

☐

Having a short break alone

☐

Getting food or water

☐

Watching videos/
YouTube/social media

☐

Meditating

☐

Other – please add



My communication needs

My communication preferences and needs



3. Employment history and goals

My previous experience

1 Company name Job title Responsibilities

Dates Start End

2 Company name Job title Responsibilities

Dates Start End



My qualifications

	Title	Grade	Date
1			<input type="text" value="/"/> <input type="text" value="/"/>
2			<input type="text" value="/"/> <input type="text" value="/"/>
3			<input type="text" value="/"/> <input type="text" value="/"/>
4			<input type="text" value="/"/> <input type="text" value="/"/>

My future employment goals

My dream job

My motivation to work



Money

☐


Independence

☐


Purpose

☐

Other motivations













What's important to me in a job?

Examples could include making friends, opportunities to progress, close to home, set working hours and days, set routines and tasks, or a variety of jobs and tasks.










My job preferences/interests

Tick (✓) the job sectors you would be interested in. Tick (✓) the job sectors you would **not** like to work in.

	Interested	Not interested		Interested	Not interested
 Hospitality and catering	<input type="checkbox"/>	<input type="checkbox"/>	 Retail	<input type="checkbox"/>	<input type="checkbox"/>
 Administration	<input type="checkbox"/>	<input type="checkbox"/>	 Childcare	<input type="checkbox"/>	<input type="checkbox"/>
 Fitness	<input type="checkbox"/>	<input type="checkbox"/>	 Healthcare	<input type="checkbox"/>	<input type="checkbox"/>
 Construction	<input type="checkbox"/>	<input type="checkbox"/>	 Beauty and fashion	<input type="checkbox"/>	<input type="checkbox"/>
 IT services	<input type="checkbox"/>	<input type="checkbox"/>	 Education	<input type="checkbox"/>	<input type="checkbox"/>



My job preferences/interests (continued)

	Interested	Not interested		Interested	Not interested
 Mechanics	<input type="checkbox"/>	<input type="checkbox"/>	 Film and TV	<input type="checkbox"/>	<input type="checkbox"/>
 Emergency services	<input type="checkbox"/>	<input type="checkbox"/>	 Horticulture	<input type="checkbox"/>	<input type="checkbox"/>
 Media and marketing	<input type="checkbox"/>	<input type="checkbox"/>	 Finance and accounting	<input type="checkbox"/>	<input type="checkbox"/>
 Warehousing	<input type="checkbox"/>	<input type="checkbox"/>	 Call centres	<input type="checkbox"/>	<input type="checkbox"/>
 Photography	<input type="checkbox"/>	<input type="checkbox"/>			

Other – please add



My work environment and task preferences

I like working in
loud workplaces ☐

I enjoy desk-based
tasks ☐

I like working in quiet
workplaces ☐

I enjoy practical
hands-on tasks ☐

I don't mind if the
workplace is loud
or quiet ☐

I enjoy a mix of both
desk-based and
practical tasks ☐

I like to be
consistently busy ☐

I enjoy routine and
doing the same tasks
every day ☐

I like to work at
a steady pace ☐

I enjoy doing a variety
of tasks every day ☐

I like to work at
a slow pace ☐

I enjoy doing a mix of
routine and variety of
tasks ☐

I like a mix of busy
and slower parts in
the day ☐

I am not sure what
tasks I prefer ☐

I like to work in large
teams ☐

I am not sure what
environments I prefer ☐

I like to work in small
teams ☐

Other – please add



My learning preferences

Demonstrating – show me what to do and let me try ☐

I learn best by learning the whole task ☐

Observing – watch others before trying it for myself ☐

I learn best by learning step by step ☐

Listening – tell me what I need to do ☐

I learn best by focusing on lots of tasks at one time ☐

Taking notes – let me write it down for myself ☐

I learn best by focusing on one task at a time ☐

In writing – give me written instructions ☐

Other – please add

Visuals – give me written instructions with added visuals ☐

Hands on – let me try it out for myself ☐

I work best when:



4. Workplace reflections

Work experience/rotation

Department/workplace/business

Job title

Key tasks

1

2

3

4

Photos



Skills I have learnt











Training I have completed

What I liked about this job

What I disliked about this job

Adjustments and support that I found helpful

I would rate this experience as a:

									
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>

My job matches and preferences for future opportunities are:



4. Workplace reflections (continued)

Work experience/rotation

Department

Job title

Key tasks

1

2

3

4

Photos in the departments



Skills I have learnt in this rotation











Training I have completed

What I liked about this job

What I disliked about this job

Adjustments and support that I found helpful in this rotation

I would rate this rotation as a:

									
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>

My job matches and preferences for my next rotation are:



4. Workplace reflections (continued)

Work experience/rotation

Department

Job title

Key tasks

1

2

3

4

Photos in the departments



Skills I have learnt in this rotation











Training I have completed

What I liked about this job

What I disliked about this job

Adjustments and support that I found helpful in this rotation

I would rate this rotation as a:

									
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>

My job matches and preferences for my next rotation are:



5. Skills and support summary

My key skills summary

Support in the workplace I found helpful in work

Reasonable adjustments I found helpful in work



6. My employment preferences

My preferred job sectors are:

My job goal is:

My working preferences

☐

Full time

☐

Part time

☐

Onsite

☐

Remote

☐

**Hybrid – mix of onsite
and remote**

☐

Day shifts

☐

Night shifts

☐

Up to 12-hour shifts

☐

Up to 8-hour shifts

☐

**Office hours
8.00am to 6.00pm**



My travel preferences

☐

Underground

☐

Car

☐

Overground

☐

Walk

☐

National Rail

Other – please add

☐

Bus

☐

Bike

My nearest stations are

My commuting preferences

☐

Under 30 mins

☐

No changes in my journey

☐

Up to 30 mins

☐

Up to one change in my journey

☐

Up to 45 mins

☐

Up to two changes in my journey

☐

Up to 1 hour

☐

More than two changes in my journey

Any other details:



We are Ambitious about Autism

Ambitious about Autism is the national charity standing with autistic children and young people.

We believe every autistic child and young person has the right to be themselves and realise their ambitions.

We started as one school and have become a movement for change. We champion rights, campaign for change and create opportunities.

Contact us

The Pears National Centre for Autism Education
Woodside Avenue, London N10 3JA

☎ 020 8815 5444

✉ info@ambitiousaboutautism.org.uk

🌐 ambitiousaboutautism.org.uk

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