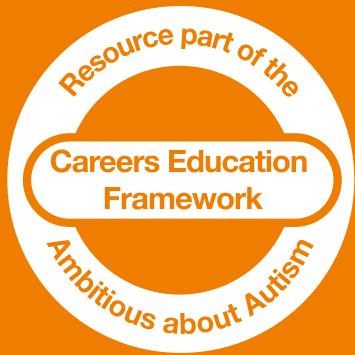




**Ambitious  
about Autism**



# 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**

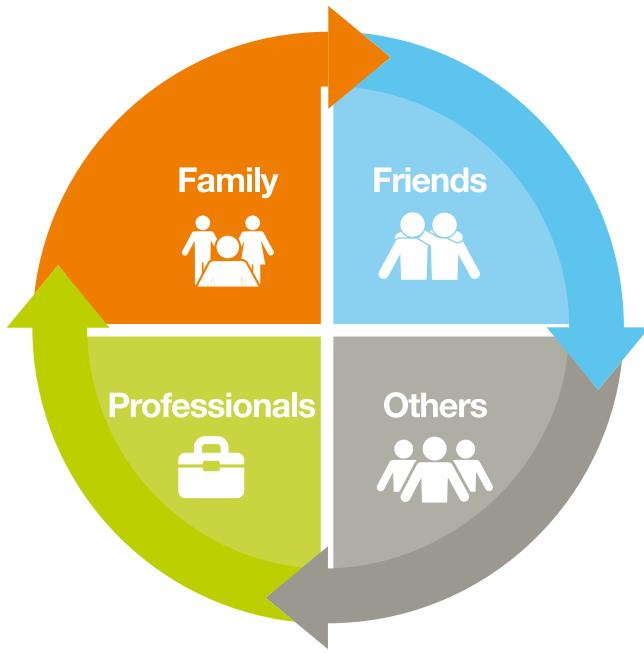
**My skills and talents**

**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**

**Going for a walk**

**Having a short break alone**

**Watching videos/  
YouTube/social media**

**Talking to someone**

**Writing down my thoughts and feelings**

**Getting food or water**

**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		/ /
2		/ /
3		/ /
4		/ /

## 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
 <b>Hospitality and catering</b>	<input type="checkbox"/>	<input type="checkbox"/>	 <b>Retail</b>	<input type="checkbox"/>	<input type="checkbox"/>
 <b>Administration</b>	<input type="checkbox"/>	<input type="checkbox"/>	 <b>Childcare</b>	<input type="checkbox"/>	<input type="checkbox"/>
 <b>Fitness</b>	<input type="checkbox"/>	<input type="checkbox"/>	 <b>Healthcare</b>	<input type="checkbox"/>	<input type="checkbox"/>
 <b>Construction</b>	<input type="checkbox"/>	<input type="checkbox"/>	 <b>Beauty and fashion</b>	<input type="checkbox"/>	<input type="checkbox"/>
 <b>IT services</b>	<input type="checkbox"/>	<input type="checkbox"/>	 <b>Education</b>	<input type="checkbox"/>	<input type="checkbox"/>



**My job preferences/interests (continued)**

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

**Other – please add**

## My work environment and task preferences

<b>I like working in loud workplaces</b>	<input type="checkbox"/>	<b>I enjoy desk-based tasks</b>	<input type="checkbox"/>
<b>I like working in quiet workplaces</b>	<input type="checkbox"/>	<b>I enjoy practical hands-on tasks</b>	<input type="checkbox"/>
<b>I don't mind if the workplace is loud or quiet</b>	<input type="checkbox"/>	<b>I enjoy a mix of both desk-based and practical tasks</b>	<input type="checkbox"/>
<b>I like to be consistently busy</b>	<input type="checkbox"/>	<b>I enjoy routine and doing the same tasks every day</b>	<input type="checkbox"/>
<b>I like to work at a steady pace</b>	<input type="checkbox"/>	<b>I enjoy doing a variety of tasks every day</b>	<input type="checkbox"/>
<b>I like to work at a slow pace</b>	<input type="checkbox"/>	<b>I enjoy doing a mix of routine and variety of tasks</b>	<input type="checkbox"/>
<b>I like a mix of busy and slower parts in the day</b>	<input type="checkbox"/>	<b>I am not sure what tasks I prefer</b>	<input type="checkbox"/>
<b>I like to work in large teams</b>	<input type="checkbox"/>	<b>I am not sure what environments I prefer</b>	<input type="checkbox"/>
<b>I like to work in small teams</b>	<input type="checkbox"/>		
<b>Other – please add</b>			



## 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

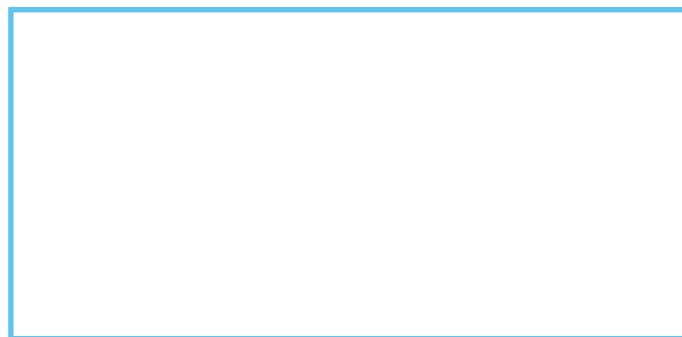
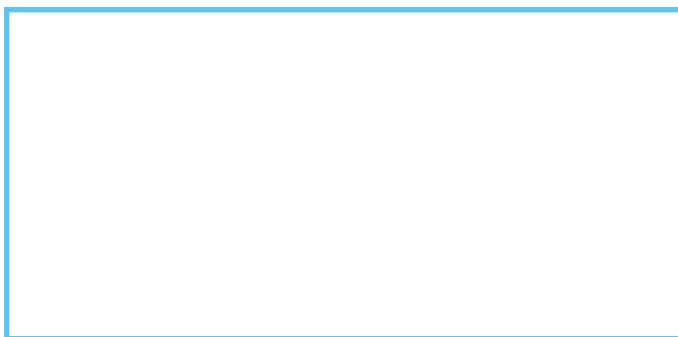
1

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



2



3



4



5



6



7



8



9



10

**My job matches and preferences for future opportunities are:**



## 4. Workplace reflections (continued)

### Work experience/rotation

**Department**

**Job title**

**Key tasks**

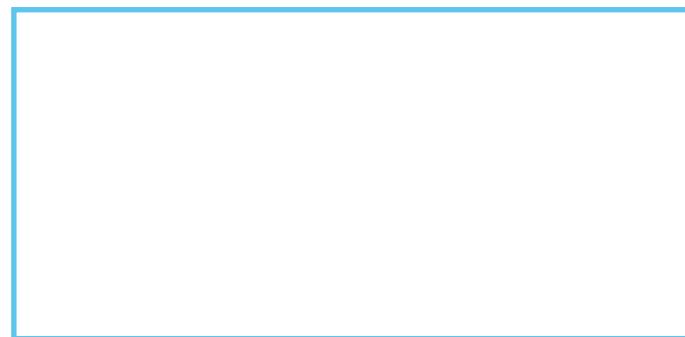
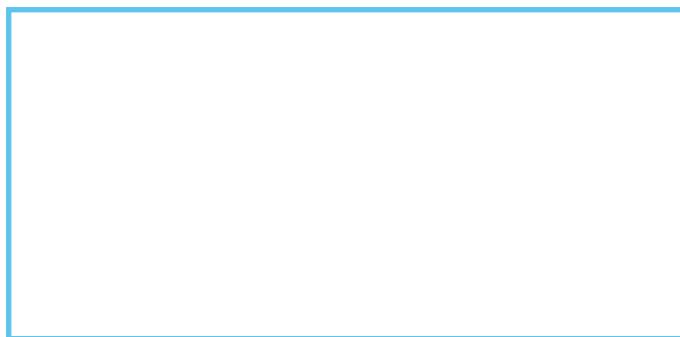
1

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



2



3



4



5



6



7



8



9



10

**My job matches and preferences for my next rotation are:**



## 4. Workplace reflections (continued)

### Work experience/rotation

**Department**

**Job title**

**Key tasks**

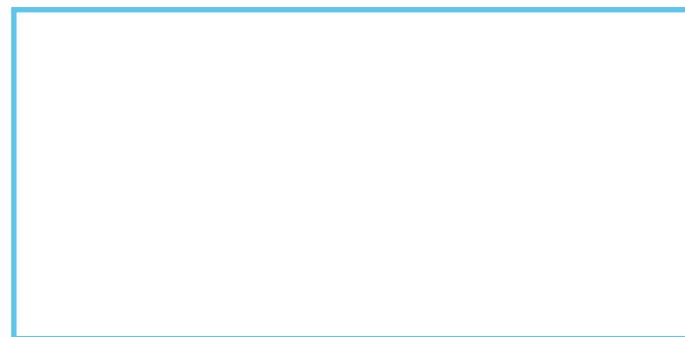
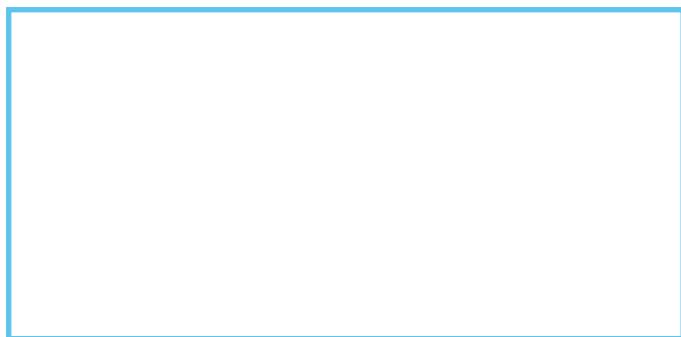
1

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



2



3



4



5



6



7



8



9



10

**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

<input type="checkbox"/> Full time	<input type="checkbox"/> Day shifts
<input type="checkbox"/> Part time	<input type="checkbox"/> Night shifts
<input type="checkbox"/> Onsite	<input type="checkbox"/> Up to 12-hour shifts
<input type="checkbox"/> Remote	<input type="checkbox"/> Up to 8-hour shifts
<input type="checkbox"/> Hybrid – mix of onsite and remote	<input type="checkbox"/> Office hours 8.00am to 6.00pm



**My travel preferences**

- Underground
- Overground
- National Rail
- Bus
- Bike

- Car

- Walk

**Other – please add**

**My nearest stations are****My commuting preferences**

- Under 30 mins
- Up to 30 mins
- Up to 45 mins
- Up to 1 hour

- No changes in my journey
- Up to one change in my journey
- Up to two changes in my journey
- 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](mailto:info@ambitiousaboutautism.org.uk)

[ambitiousaboutautism.org.uk](http://ambitiousaboutautism.org.uk)

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Ambitious about Autism Schools Trust is an exempt charity in England and Wales and a registered company: 08335297.

