



Program Learning Objectives, Exercises and Resource Overview

■ Group Coaching October Cohort

Interview Preparation: Neurodivergence in the Tech World



Program Journey

Working with Your
Diagnosis and the
Interview Process
While Being
Neurodivergent

Navigating
Disclosure and
Accommodations
in the Job
Interview Process

Navigating Job
Offer Outcomes
& Managing
Emotions

Developing
Resilience for
the Job Search
Journey



Working with Your Diagnosis and the Interview Process While Being Neurodivergent

Learning Objectives:

- Understand the phases of the interview process
- Learn how to prepare for an interview as a neurodivergent individual
- Develop strategies to discuss your diagnosis in a professional setting
- Identify and leverage your unique strengths as a neurodivergent person

Exercises:

- **Reflection on Interview Challenges:**
Discuss the challenges you have faced in previous interviews and brainstorm potential solutions.
- **Creating a Disclosure Strategy:**
Develop a personalized approach for discussing your diagnosis, including specific examples of how your neurodivergent traits can be assets in the workplace.

Resources:

- Tools for planning and organizing thoughts.
- Techniques for effective information retrieval during interviews.
- List of accommodations you may request during the interview process.



Navigating Disclosure and Accommodations in the Job Interview Process

Learning Objectives:

- Understand the process of requesting accommodations during job interviews.
- Learn strategies for navigating disclosure of neurodivergence in job applications and interviews.
- Explore the legal rights and protections for neurodivergent individuals during the hiring process.
- Develop skills to handle both positive and negative disclosure experiences in job-seeking contexts.

Exercises:

- **Disclosure Journey Reflection:** Discuss your personal experiences with disclosure during job searches, including successes, challenges, and lessons learned.
- **Addressing Disclosure Concerns:** For those who haven't disclosed before in job interviews, explore and discuss your concerns and fears about the disclosure process.

Resources:

- Educational materials on disclosure tools and types of disclosure specific to job applications and interviews.
- Guides for requesting accommodations during different stages of the hiring process.
- Strategies for coping with and learning from negative disclosure experiences during job searches.



Navigating Job Offer Outcomes and Managing Emotions

Learning Objectives:

- Develop strategies for handling both positive and negative job application outcomes.
- Learn techniques for negotiating job offers effectively.
- Understand and manage performance anxiety and rejection sensitivity.
- Develop coping strategies for emotional challenges in the job search process.

Exercises:

- **Reflection on Past Rejections:** Discuss your experiences and actions when faced with job rejections in the past. What worked well? What would you do differently?
- **Exploring Performance Anxiety:** Share your experiences with performance anxiety in job-related situations. How has it affected you, and what strategies have you used to manage it?
- **Planning for Success:** Outline the steps you would take upon receiving a job offer.

Resources:

- Tools and techniques for managing disappointment and rejection sensitivity
- Strategies for negotiating job offers effectively
- Physical and mental techniques for dealing with anxiety in professional settings
- Self-care strategies to support emotional well-being during the job search process



Developing Resilience for the Job Search Journey

Learning Objectives:

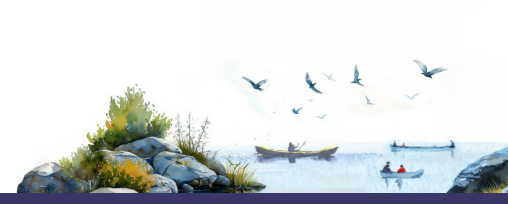
- Understand the importance of resilience in the job search process
- Develop strategies to maintain motivation during a prolonged job search
- Learn how to build and leverage a support network

Exercises:

- **Defining Resilience:** Explore and discuss your personal definition of resilience. How does it apply to your job search experience?
- **Building Interview Resilience:** Brainstorm and share strategies for becoming more resilient to the ups and downs of the interview process. What techniques have worked for you or others you know?

Resources:

- **Resilience toolkit:** Techniques and strategies for dealing with rejection and disappointment in the job search process
- **Self-reflection workbook:** Aligning personal expectations with job market realities and finding the right fit



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Meet a Facilitator and Ask Questions

An initial session to develop goals and find the right program or resource for you.

[Schedule Intro Call](#)

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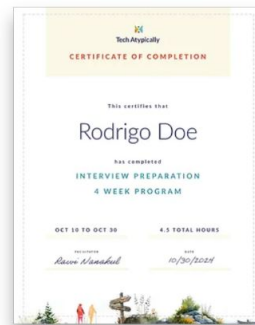
Purchase & Participate

Hop on Google Meets with us every week for 90 minutes and continue the conversation on our private Slack channel.

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03

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