

**Title: Co-Trainer Of The Oliver McGowan Mandatory Training**

## Likes

Books, cinema, family, writing, swimming, music (especially 80s synth-wave), dogs, long walks through the countryside, running autism workshops.

## Dislikes

Loud noises, ignorance, bullying, being stereotyped, uncertainty and unpredictability.

## Goals

My goals are to become a published author and to aid in the awareness of autism so that the next generation of autistic individuals don't have to jump through the same hurdles that we did.

## Background

I was diagnosed with autism when I was five years old and despite the challenges that were presented to me, my family wanted me to have similar life experiences, hence why I went to mainstream school. It's not been easy, going through school, college and university, and there were times when I wanted to mask my autism, but now I treat it as a fundamental part of my character and wear it like a badge of honour.



Find Out More About The  
Training