


## Strategies and Resources: **Deciding Which Job is Right for You**

Thinking about our interests, skills, and capabilities, can go a long way in terms of finding the right fit for us. Below are some things that may be helpful to think about.

- Location- depending on what hours you work, you could be commuting twice a day most days of the week. It may be good to think about if the location is accessible to you and that you are comfortable with the journey. It may also be worth considering how much time the commute will add on to your working day.
- Employed versus self-employed - many people like the idea of being their own boss, and the flexibility this can bring. Being self-employed requires high levels of self-motivation and organisational skills. If these areas are not strengths for you, being an employee may be a better fit. It can feel more secure and have certain benefits like paid holiday allowance and a pension.
- Size of organisation- would you prefer to be in a large organisation or chain where there may be opportunities to transfer or relocate, or would a smaller more independent business suit you?

### **Takeaways:**

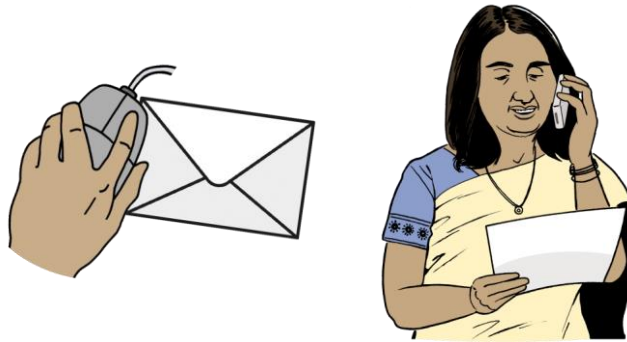
1. Location and daily commute
2. Self-employed or an employee



### 3. Size and type of organisation

# Contact Us

This guide was produced by **Autism AIM**, part of The Advonet Group. We are a free service co-led by and run for autistic adults (aged 18+) in the Leeds, Bradford and Craven areas.



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