

# Energy Accounting & Burnout - A Guide for Parents

Professor Tony Attwood

**Monday, 15th of April 2024, 9:30 – 11:30 am**

## About Energy Accounting:

An autistic life is not an easy life. There is the potential for great stress and chronic exhaustion from trying to cope with social and sensory experiences, being misunderstood and criticized, high levels of anxiety and, for many reasons, not feeling in touch with or able to be the authentic self.

Energy Accounting was created by Maja Toudal and developed with Tony Attwood as a new strategy that can be used by parents, teachers, professionals and autistic adults. Energy Accounting is designed to reduce stress and energy depletion and improve the everyday life of an autistic child, adolescent or adult. The presentation offers step-by-step instructions on Energy Accounting that can be used by parents at home, teachers at school and employers at work.

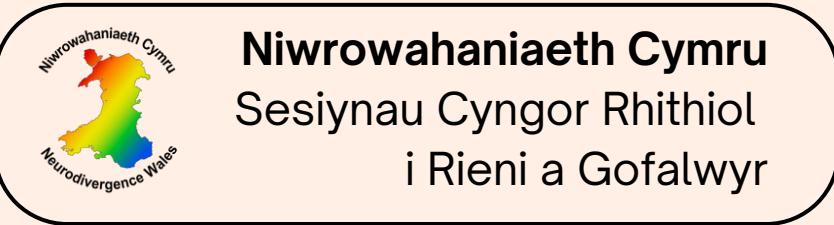


**There will be a Q&A session following the presentation.**

**To book your place please use the link below:**

**<https://events.teams.microsoft.com/event/7d2f4a70-c9cf-4dc1-87fc-cc1e554b6810@6850a7f1-4cc1-4482-a1c1-79439f679966>**

**(Please note: this session is for parents & carers only)**



Niwrowahaniaeth Cymru  
Sesiynau Cyngor Rhithiol  
i Rieni a Gofalwyr

# Rhioli Egni & Gorflino Awtistig - Canllaw i Rieni

Yr Athro Tony Attwood

dydd Llun, 15 Ebrill 2024, 9:30am - 11:30am

## Gwybodaeth am Ystyried Lefelau Egni:

Nid yw bywyd awtistig yn fywyd hawdd. Mae yna'r potensial o lawer o straen a blinder cronig drwy geisio ymdopi gyda phrofiadau cymdeithasol a synhwyraidd, cael eich camddeall a'ch beirniadu, lefelau uchel o orbryder ac am nifer o resymau, ddim yn teimlo mewn cysylltiad gyda neu gallu bod yn chi eich hun.

Cafodd Ystyried Lefelau Egni ei greu gan Maja Toudal a'i ddatblygu gan Tony Attwood fel strategaeth newydd y gellir ei defnyddio gan rieni, athrawon, gweithwyr proffesiynol ac oedolion awtistig. Mae Ystyried Lefelau Egni wedi'i ddylunio i leihau straen a gostyngiad mewn egni a gwella bywyd bob dydd plentyn, person ifanc neu oedolyn awtistig. Mae'r cyflwyniad yn cynnig cyfarwyddiadau cam wrth gam ar Ystyried Lefelau Egni y gellir eu defnyddio gan rieni gartref, athrawon yn yr ysgol a chyflogwyr yn y gwaith.



**Bydd yna Sesiwn Cwestiwn ac Ateb yn dilyn y cyflwyniad.**

Dilynwch y ddolen isod i archebu eich lle:

<https://events.teams.microsoft.com/event/7d2f4a70-c9cf-4dc1-87fc-cc1e554b6810@6850a7f1-4cc1-4482-a1c1-79439f679966>

**(Noder: Mae'r sesiwn hon ar gyfer rhieni a gofalwyr yn unig)**