



# UNDERSTANDING AUTISM PODCAST

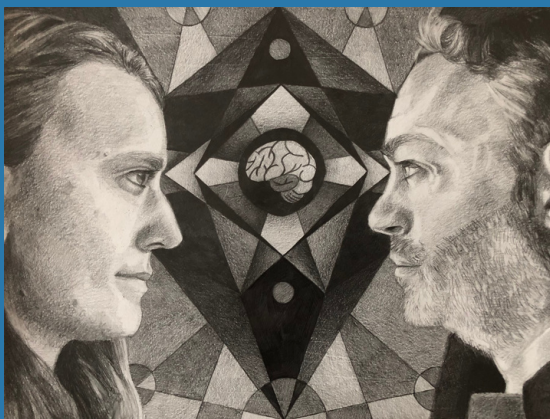
## SHOW NOTES

### SEASON 1 EPISODE 1

#### WHO WE ARE

##### SHOW SUMMARY:

Our first podcast! Here we introduce ourselves and our purpose in creating this podcast.



*Meeting of the Minds*  
artwork by Nicole Kubilus



#### OUR PURPOSE (0:00–1:19)

- To provide information about autism for parents, teachers, and those on the autism spectrum
- Share our own experiences with autism
- Help both neurodiverse and neurotypical people understand autism in the education and work environments

#### BRET'S BACKGROUND (1:20–4:30)

- Public school teacher in Colorado for 27 years
- Son diagnosed with autism at age 6 and trying to understand what that meant for him
- Navigating therapy and the public school environment
- Applying this learning to the classroom

#### NICOLE'S BACKGROUND (4:34–8:13)

- Diagnosed with autism at 2 years old
- 4 years of intensive therapy
- Overtime came to see autism as an asset especially in education
- Became an autism advocate
- Taught in public schools for 3.5 years
- Used her experience and knowledge to help other neurodiverse students and adults

#### MENTOR RELATIONSHIP (8:23–18:14)

- Both teachers at the same school
- Bret coached Nicole through her first year as teacher
- Emphasized the importance to offer a safe space for an autistic person at work to express their concerns and frustrations
- For Nicole, it was important to be a self advocate for her needs in the workplace and as a first year teacher

#### FUTURE EPISODE TOPICS (18:15–21:39)