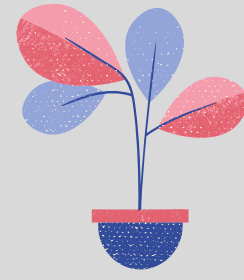


The right work environment!



A work environment which **limits distractions**, helps you **stay organized** and **nurtures productivity** is key! Consider where you believe this may occur. Are you best working from home, or in an office environment? Do you prefer to work alone or in a team? Are you an outdoorsy, hands-on kind of person? Or do you prefer working with data, facts and words?

Be mindful of the type of role you apply for, and if possible, choose something in your field of interest.

Finding a Job with ADHD

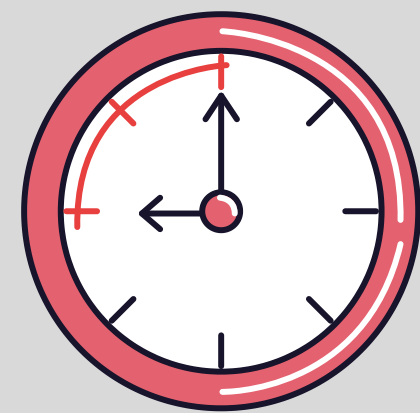
Maximize your strengths

People with ADHD tend to hyperfocus. **Hyperfocus** is the ability to concentrate on a task one is **passionate** about for **extended periods of time**.

Can you think of a hobby, task or activity that brings out this talent in you?

Questions to ask yourself:

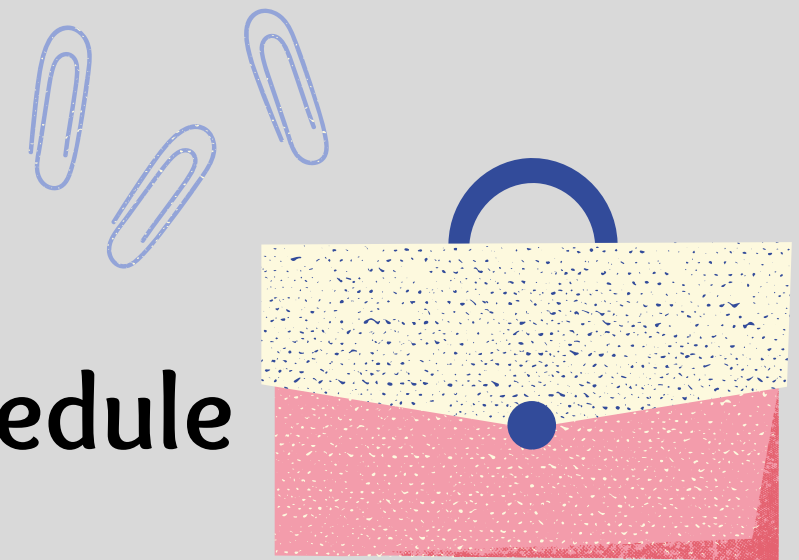
- What are my **passions/interests**?
- What tasks do I find **challenging/rewarding**?
- What degree of **flexibility/autonomy** do I have in my job?
- Does the work environment fit well with my **personality**?



Does the workplace accommodate YOUR needs?

Are you comfortable to disclose your ADHD to potential employers? Check out the **organization's diversity and inclusion policy** to see whether they are neurodiverse friendly or not. **Research** the **company** in-depth. It may be best to **shop around** before rushing into a decision. **Pre-plan** some **questions** to ask at a potential **interview**, if you have further doubts about the role.

Tips on managing a schedule



- **Reflect** on what has not worked for you in the past and why
- Find a way around **time management** challenges (e.g. Pomodoro Timer, FocusMate)
- Identify **which days of the week you feel comfortable working** and keep accessible, easy ways to manage your schedule (e.g. colour code a Google calendar)

Find a path where you can use your neurodivergence to your advantage!