



EXCEPTIONAL
CAREERS Exude Confidence.

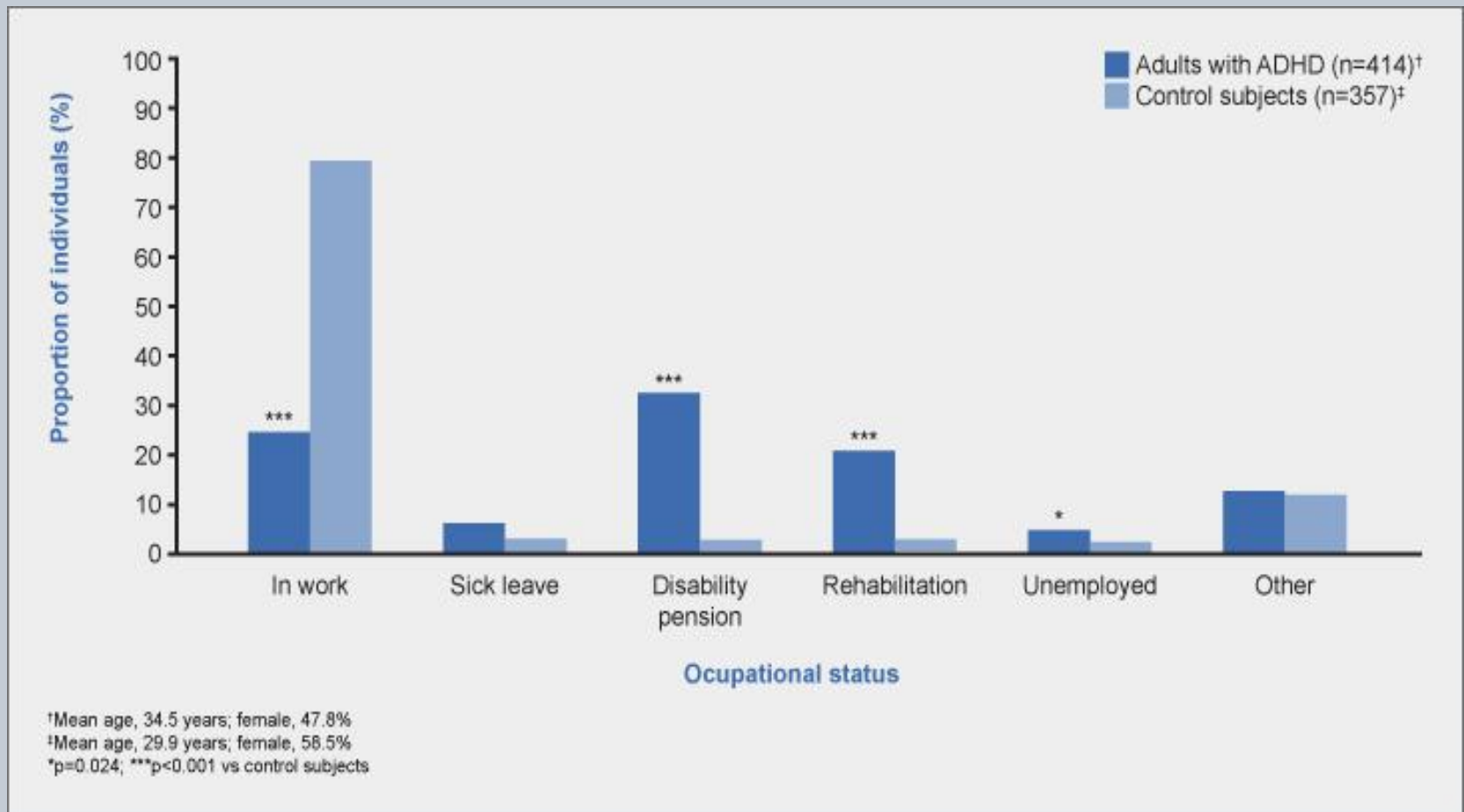
Possibilities for Clients with ADHD



Agenda

- Definition of ADHD
- Brown's model of Executive Functions Impairment
 - Video
- ADHD Attributes
- Strategies for Success Exercise
- Best Jobs
- Questions

ADHD Occupational Outcomes



Attention-Deficit Hyperactivity Disorder (ADHD)

- **Attention Deficit**
 - Distracted and impulsive
- **Hyperactivity**
 - 25% children
 - 5% adults
- **Disorder**
 - Different brain from neuro-typical



Definitions

“ADHD... is a behavioral condition that makes focusing on everyday requests and routines challenging. People with ADHD typically have trouble getting organized, staying focused, making realistic plans and thinking before acting.”

American Psychological Association

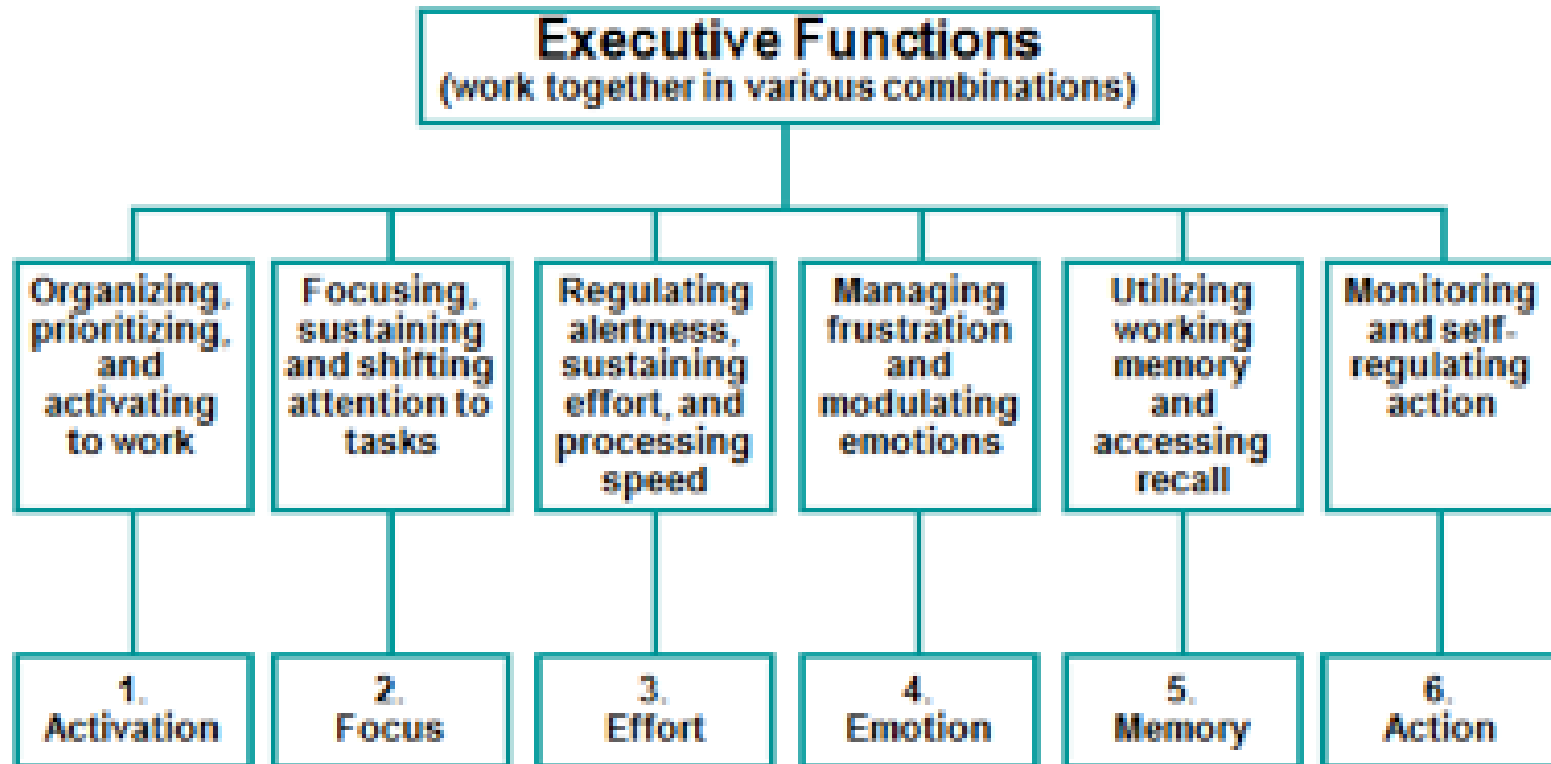
“ADHD is a medical/neurobiological condition in which the brain's neurotransmitter chemicals, noradrenalin and dopamine do not work properly.”

HADD, Ireland

Executive Functions



Executive Functions Impaired in ADD/ADHD



(TE Brown (2005))

Source: www.browнадhdclinic.com/add-adhd-model/

Executive Functions of ADHD



Source: <http://www.effectiveeffortconsulting.com/adhd-coaching.html>

Characteristics of ADHD

Negative	Positive
<ul style="list-style-type: none">• Procrastination• Distraction• Unfinished projects• Explosive emotions• Forgetful• Impulsive	<ul style="list-style-type: none">• Efficient & productive• Hyper-focus• Innovation/Continuous improvement• Compassionate• Foolproof memory• Connect diverse areas

Workplace Challenges

- Workplace distractions
- Project details
- Meeting deadlines
- Office politics
- Being late for work
 - Need to go to bed earlier – use coach
- Managing workplace challenges
 - Communication with boss, following orders, disclosure

Strategies for Success

Structured routines

- Same time every day/week/month

Environmental modifications

- Work space, headphones, flexible schedules

Built-in accountability

- Break large projects into small pieces
- FIRM deadlines for everything
- Understand why tasks are important

Regular communication with supervisor

- Reality check on perceptions

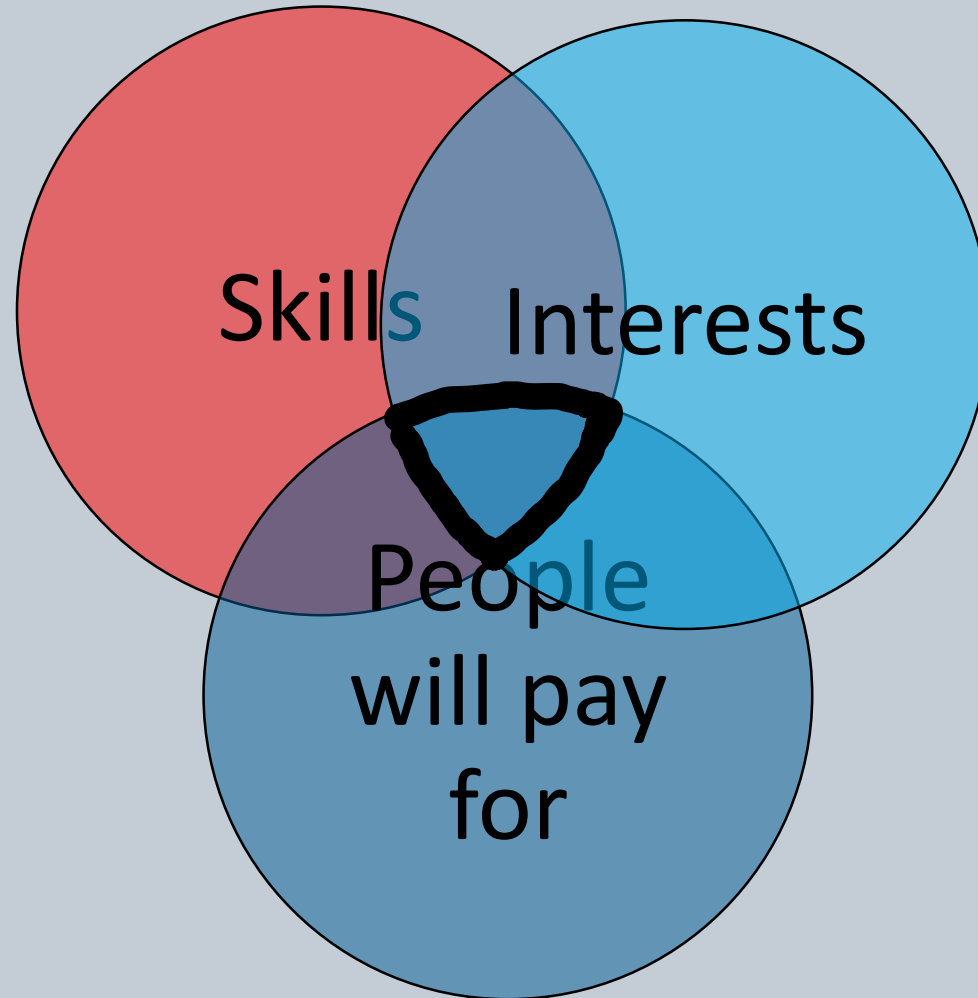
Best Jobs

- Three working states:
 - Drudgery
 - Craft
 - Calling

Source: [Making Work Work for the Highly Sensitive Person](#), Barrie Jaeger

- Entrepreneur
- Sales
- Food Industry
- Medical Work
- Teaching

Best Jobs





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Questions

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