

## ADHD in the Workplace (2.5hrs)

### Course Abstract

While those with Attention Deficit Hyperactivity Disorder (ADHD) can have very fulfilling careers, some individuals with ADHD can face several issues in the workplace. ADHD can have a significant impact on an individual's ability to thrive in the workplace. Difficulty with organization, time management, and social and emotional regulation can lead to challenges in productivity, communication, and collaboration with colleagues. Each individual with ADHD deals with a different set of challenges, therefore it's important to consider their unique skills and strengths to design ADHD-friendly strategies, accommodations, and modification that can be implemented in the workplace.

This engaging workshop will provide an overview of how employees with ADHD may be impacted at work as well as strategies for managing symptoms and maximizing productivity. Managers and HR Professionals will learn tools and strategies to help unlock the potential of employees with ADHD. Participants will learn best practices on how to support and accommodate neurodiversity in the workplace.

This workshop is designed for Managers and HR Professionals working with people with ADHD. By the end of the workshop, participants will have a deeper understanding of ADHD and how it can impact work performance, as well as practical tools and strategies to ensure employees with ADHD are able to thrive in the workplace. Topics to be discussed include:

- “What is Neurodiversity?”
  - Benefits of an inclusive workplace
  - Cost of not supporting Neurodiversity
- “What is ADHD?”
  - What are Executive Functions?
  - Common myths of ADHD
  - Impacts of ADHD
  - ADHD Strengths & challenges in the workplace
  - ADHD Treatment
- “ADHD and the Workplace”
  - Interviewing
  - Disclosure
  - How to Create a Neurodiverse Workplace
  - Supporting ADHD in the workplace (HR, People Managers, Employees)
    - Hard accommodations
    - Soft accommodations
- Case study
- Resources

To learn more and schedule an ADHD in the Workplace Workshop, contact [info@caddac.ca](mailto:info@caddac.ca) or [register here](#).