

ADHD & AuDHD at Work:

The Problem:

Many workplaces want to support ADHD staff, but don't always know how. For ADHD employees, years of coping, masking, compensating can make it hard to recognise your struggles or where extra effort is costing you. This can make it difficult to know what you need or to feel comfortable asking for support.

The First step:

Use this resource to help you notice your individual needs, identify areas you may want to discuss at work for adjustments, and whether ADHD coaching could offer further support.

COACH WITH LOUISE

Coach With Louise
For ADHD coaching, talks
and staff training

EXECUTIVE FUNCTIONING



- Do you find some tasks hard to start, even when you know what you need to do?
- How easy is it to organise and prioritise your workload when you have multiple competing tasks or demands?
- How easy is it to recall verbal instructions or a sequence of steps?
- Do you find it difficult to judge how long tasks will take or keep track of time while working?

*Notice the
invisible
work.*

ATTENTION & ENVIRONMENT



- How easily can you regain your focus after an interruption?
- How do noise, meetings, unexpected changes or other people around you affect your concentration or energy?
- How much does your ability to focus depend on interest, challenge or an urgent deadline?

*Environment
matters more
than we think.*

EMOTIONAL IMPACT



- Do worries about mistakes or judgement affect whether you avoid, delay or over-prepare for some tasks?
- Do you find yourself repeatedly checking, perfecting or redoing work that's already good enough?
- Do you monitor or hold back how you naturally speak, behave or respond around others?

*It's okay to
care deeply.*

HIDDEN EFFORT & RECOVERY



- How often are you forcing yourself through tasks to get things done?
- Do you find yourself taking work home or compensating for procrastination after hours?
- Do you notice tension, restlessness or difficulty switching off from work once you're home?

*Recovery is
part of high
performance.*



If several of these resonate with you, let's talk about how ADHD coaching can support you. Visit my website to learn more and book a free discovery call:

<https://www.coachwithlouise.com> | hello@coachwithlouise.com

Based in Australia?

ADHD Coaching can be funded through:

The Employment Assistance Fund
JobAccess-www.jobaccess.gov.au

JobAccess
Driving disability employment



Online coaching
Australia-wide and internationally

Staff training and talks
In Perth, Australia

*This resource is for personal reflection only.
This is not a diagnostic assessment, clinical tool or workplace performance measure.