



ADHD for organisers

Part 3

How to help your client- by being ADHD- friendly

Be positive & warm

Key learning: 'Observe but don't judge'

Be curious

Key learning: Give up being 'the expert'

Manage expectations

Key learning: Keep an eye on the bigger picture

Keep clear boundaries

Key learning: What are your particular challenges here?

Make it fun

Key learning: what would work for this client?

Make it easy

Key learning: how can you make it simpler for the client?

Some ideas to try...

Look after yourself

Key learning:

- Complete your feedback survey to get your certificate
- Join ADHD for Organisers Facebook community to learn more
- Sign up on website for ADHD Tips (& occasional newsletters!)