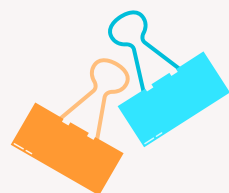




SUPPORTING ADHD AT WORK



10 MANAGER TIPS



LEAD BY EXAMPLE

Model accountability and follow-through.



CLEARLY COMMUNICATE EXPECTATIONS

Define goals, responsibilities, and success clearly.



PROVIDE TRAINING & RESOURCES

Offer support, tools, and guidance.

FOSTER TRANSPARENCY

Encourage honest communication and accountability.

SET CLEAR GOALS & DEADLINES

Create measurable goals with realistic timelines.

RECOGNIZE ACCOUNTABILITY

Acknowledge ownership and follow-through.



PROVIDE CLEAR FEEDBACK

Give supportive feedback focused on improvement.

FOSTER A SUPPORTIVE ENVIRONMENT

Build trust, safety, and open collaboration.

HOLD REGULAR CHECK-INS

Provide consistent feedback through regular progress conversations.

ADDRESS ISSUES PROMPTLY

Handle concerns early and respectfully.

