

7 EFFECTIVE STRATEGIES

for Professional Women with ADHD



KNOW YOURSELF

Recognize your ADHD patterns, strengths & challenges.



BREAK IT DOWN

Use tools and smaller steps to manage your workload.



SET BOUNDARIES

Prioritize what matters and give yourself permission to say no.



PRACTICE MINDFULNESS

Pause, refocus, and manage distractions.



ASK FOR SUPPORT

Find support that helps you work effectively.



SUPPORT YOUR BRAIN

Move, nourish your body, and prioritize sleep.



SEEK THERAPY

Build personalized strategies with therapy or ADHD coaching.



ADHD doesn't have to hold you back at work.

These strategies work with your
brain, **not against it.**