



7 Practical ADHD Solutions for Career Success

A calm, strengths-based snapshot for neurodivergent professionals who want more focus, clearer planning, useful accommodations and sustainable support.

Seven workplace-friendly shifts

1

Start with micro-tasks

Break bigger goals into 15-minute steps so starting feels lighter and more doable.

2

Make work visible

Use Kanban boards, colour-coded calendars or external reminders instead of relying on memory alone.

3

Use strengths on purpose

Protect hyperfocus, rapid idea generation and crisis agility for high-value work.

4

Time-block your day

Give tasks a place in your calendar and set transition alarms to reduce time-blindness.

5

Keep priorities realistic

Choose three must-dos and use the two-minute rule to build momentum.

6

Ask for useful adjustments

Flexible hours, quieter spaces, headphones and task tools can support performance.

7

Build ongoing support

Coaching, accountability and community can help turn good ideas into sustainable routines.

This is not about changing who you are. It is about building work systems that fit how you think, plan and process.

Why this matters

Supportive design can make a real difference to focus, confidence and sustainable work rhythms.

72%

Flexible or hybrid work granted when requested

55%

Better focus with noise-cancelling headphones

70%

Performance lift with mentor pairing

Get the full guide

Inside the full version:

- more practical workplace strategies
- accommodation ideas and self-advocacy prompts
- support options from Neuovara

www.neuovara.com

FREE DOWNLOAD



A calmer way forward

Many people with ADHD find work easier when expectations are clear, systems are visible, and supports are matched to how they naturally think and process.

Ideal for professionals, business founders and values-led leaders

Clear thinking over noise. Steady progress over pressure.

Educational support only.
Not crisis or clinical advice.