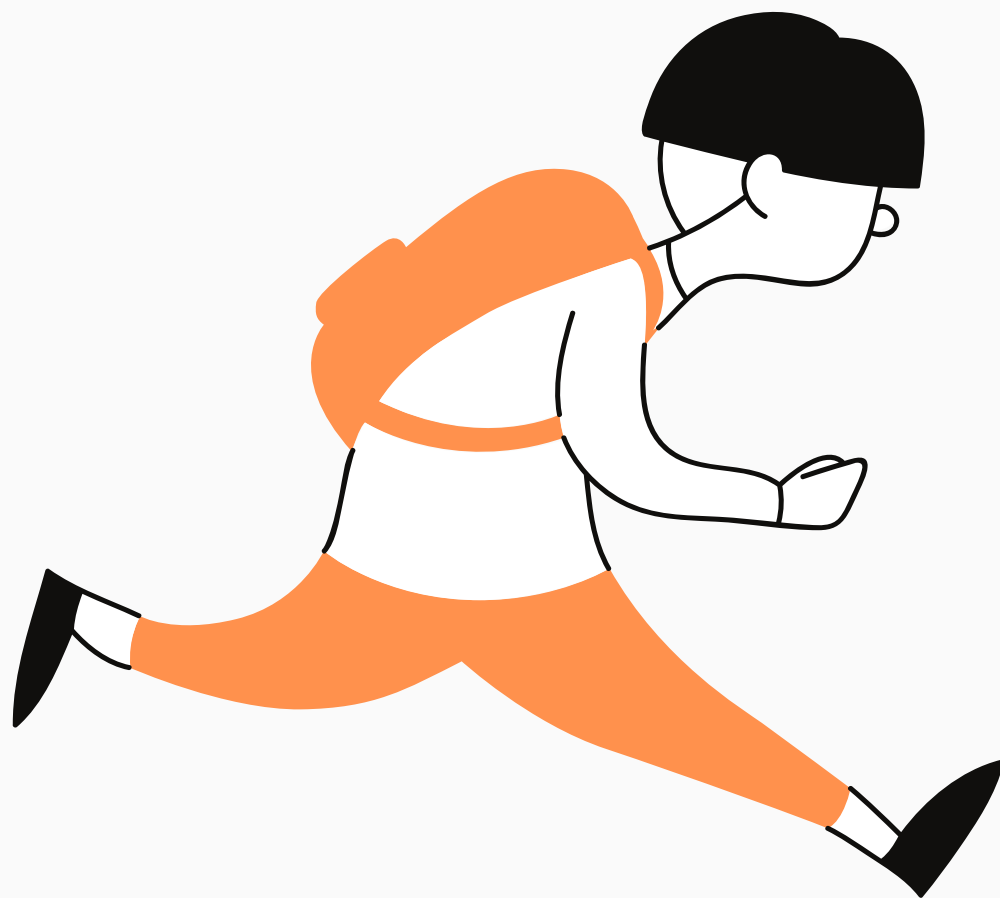


A STUDY: How dyslexic adults can get the most out of training programs

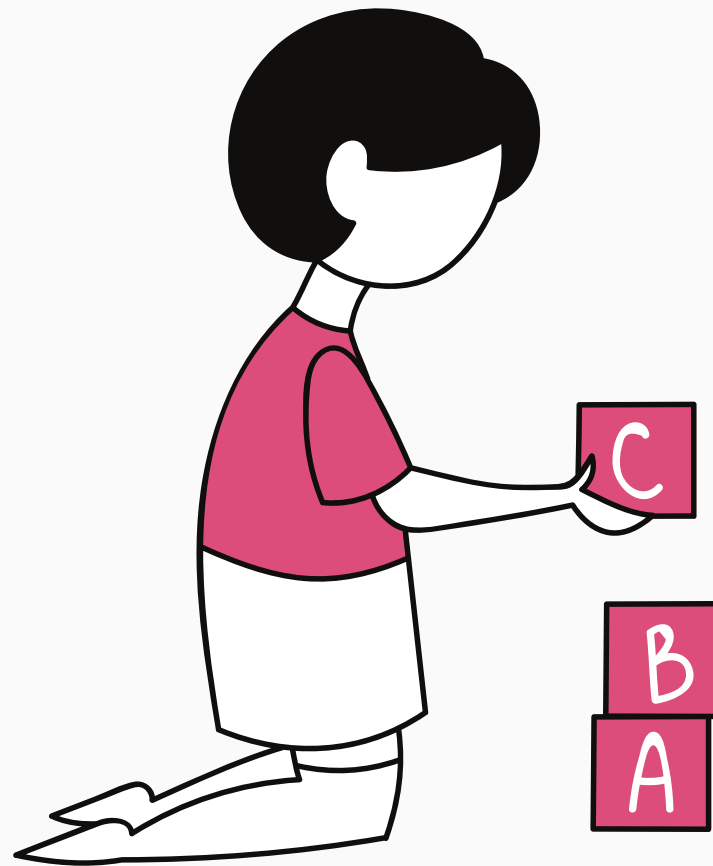




Training programs aimed at dyslexic people are most effective if they go beyond literacy.



That's because they also struggle with working memory and organisational skills, which can be a barrier to career progression.



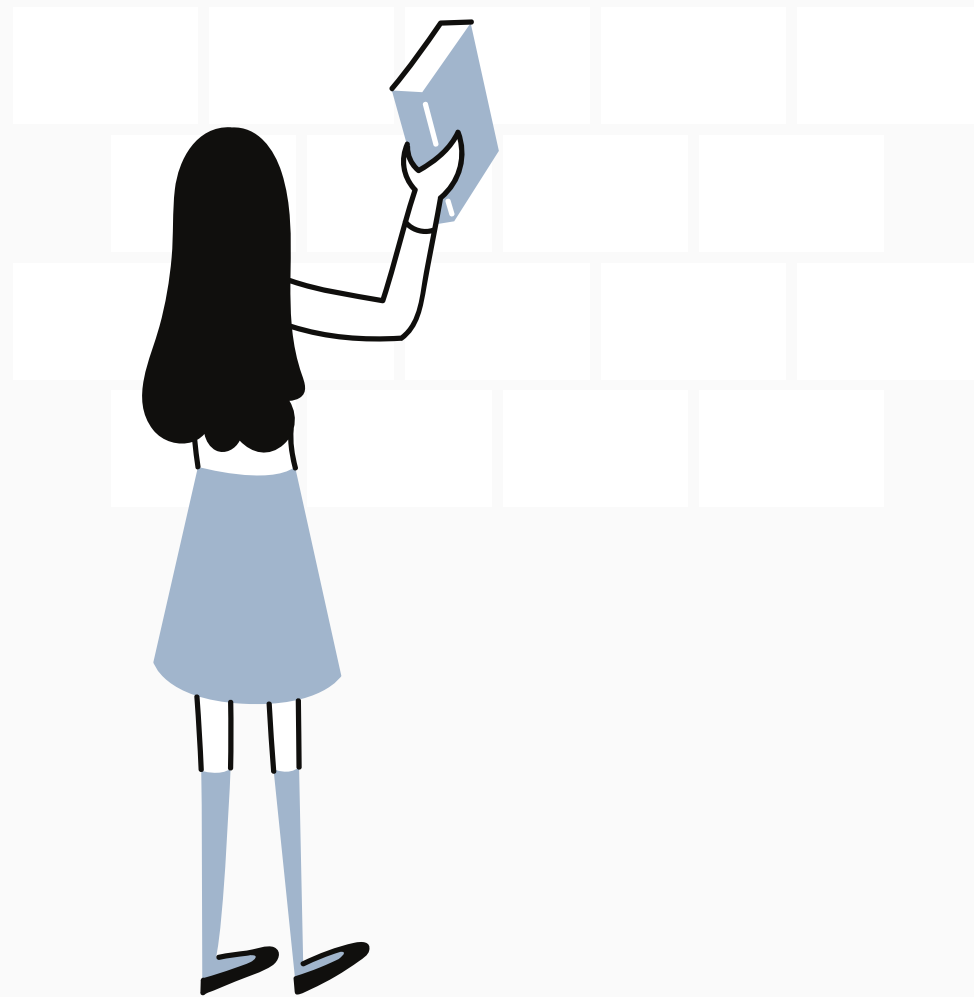
Stereotypes tend to paint dyslexia purely as a literacy-based difficulty. However, other skills are identified with greater or equal frequency.



**The assumption that literacy is
the main problem for dyslexic
people can be harmful..**



Many go into adulthood undiagnosed, having attained the level of literacy needed to enter their careers.



But as they move up the ladder, underlying problems associated with dyslexia means they find themselves ‘hitting a wall’.



Employers who equate dyslexia with literacy, can misconstrue these signs and interpret it as attitude, motivation or personality factors rather than dyslexic difficulty.



Coaching is an effective way to tackle performance issues, where dyslexic adults can develop self-awareness and behavioural strategies to self-manage challenges.

**Source: London-based City University
& Birkbeck University**

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