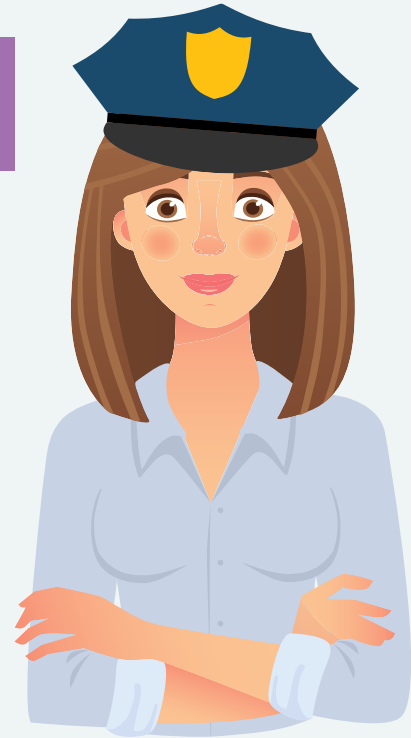


How a Former Police Officer with ADHD Chose To Run Her Own Business





Caroline was diagnosed with ADHD in 2019. It was fine while she was in the police force, because she was in a high-energy environment and the work was varied.



But when Caroline was promoted and her work became more office-based, she struggled and people would tell her she was talking too loud or too much.



While Caroline was in the police force, her son was diagnosed with autism. She then started to realise that many others in her workplace could also be neurodivergent.



You would've thought that an organisation that deals with members of the public, would have procedures for ND people and training for management, but they didn't at all.



That's when Caroline started training the staff so there was more understanding around people who are neurodivergent.



After 21 years, Caroline left the police force and didn't know what she wanted to do next, so she took six months off to think about it.



She wanted to transfer her skills and help other neurodivergent people but wasn't sure how to do it or whether there was a market for it, but decided to go for it.



That's when she started Creased Puddle, an organisation that offers advice, support and training for neurodivergent people in the workplace and their employers.

**“I felt stifled before and didn’t even realise it. Now I feel free.”
–Caroline Turner.**

**You can read Caroline’s full story and many other stories by
neurodivergent people by signing up as a free member of our
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