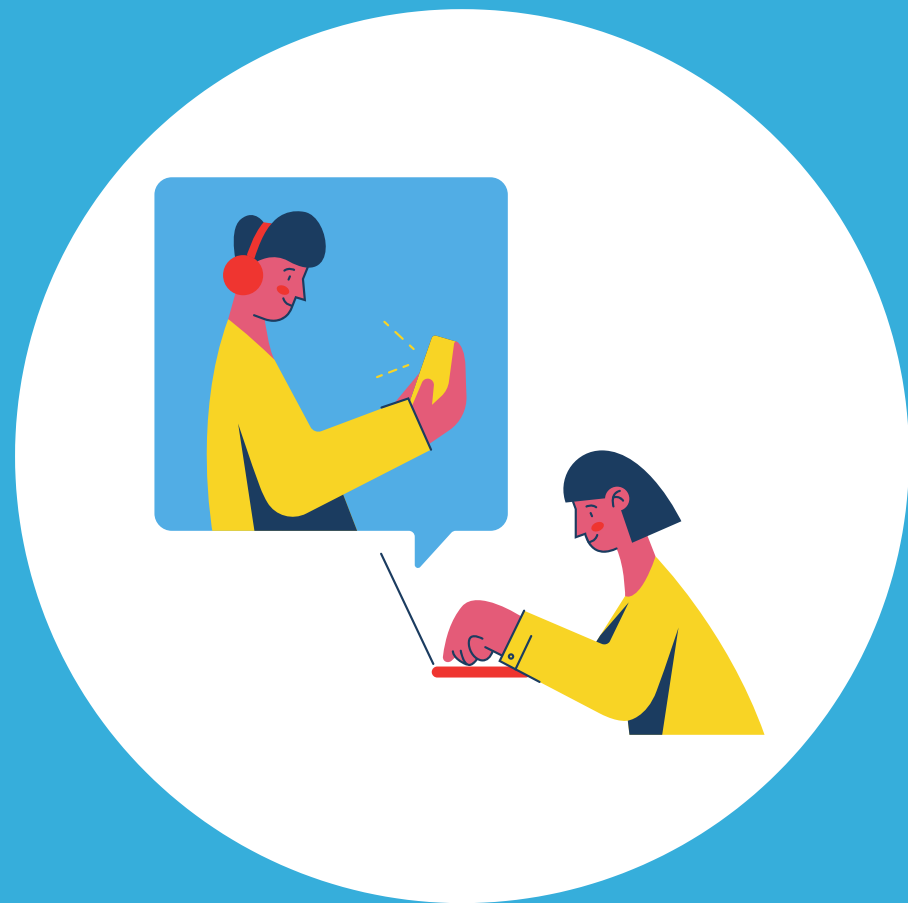


ADHD Project Managers.

BALANCING CREATIVITY WITH ORGANISATION

We've put together some evidence-based tips on the best project management set-up for **ADHD employees that will foster innovation while keeping the project on track.**





Pairing

Creatively inclined colleagues with ADHD should be paired with less creative, but organised employees in project teams.

Time Management

Research has suggested that ADHD individuals can perform less well in a project management context due to low time management skills.





Innovation

Pairing creatives with ADHD with those who are less creative, fosters innovation without the danger of the project going off-track.

Training

ADHD individuals appointed as project managers would benefit from intensive organisational and project management training.



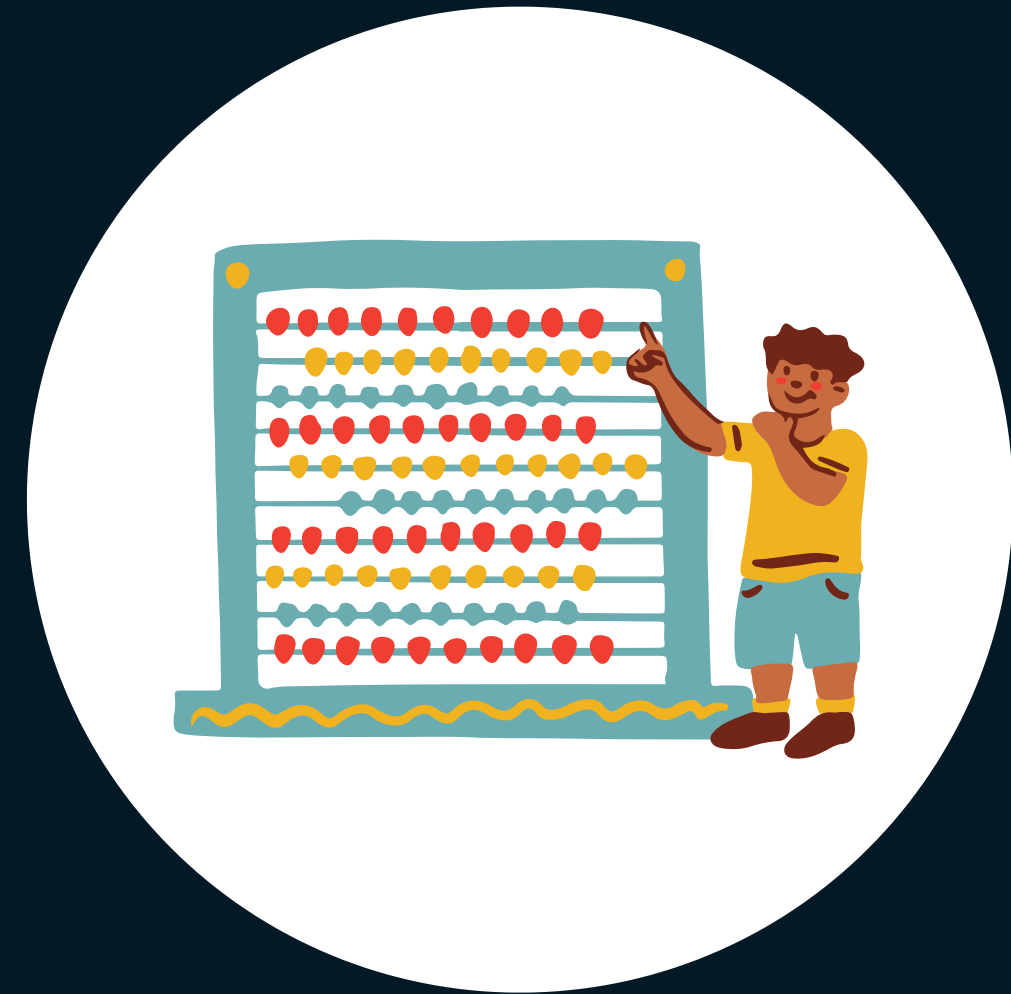


Resources

Resources such as personal plans and project management tools can help, as well as creating a distraction-free environment.

Strategies

Employers can play a key role by helping project managers to recognise and develop strategies to manage the potential difficulties.





Peer Support

A strong peer support and peer coaching culture within a project team can help disordered employees to activate, organise, stay on track and manage disruptive emotions.

If you'd like to read more about this particular study and others like it, you can by becoming a free member of our Resource Library:

neurodiversitymedia.com/join

If you'd like to find out more tips and strategies related to ADHD at work, sign up to our NeuroWork newsletter.

