

Attention Deficit Hyperactivity Disorder (ADHD)



About 4% of the population have ADHD

Things we might find tricky are:

- Paying attention
- Sitting still
- Following directions
- Managing emotions
- Getting and staying organised
- Remembering information long enough to use it

But we might be great at:

- Being creative
- Thinking outside-the-box
- Having entrepreneurial skills
- Bringing energy and new approaches to our projects