

# ADHD Matters: Adults

## Knowing yourself better

Only a few years ago, neurodivergence was not a widely used term. In fact, many children in need of support never got it, due to a lack of education on how ADHD can manifest. As a result, more and more adults are getting diagnosed with ADHD and learning something new about themselves. Likewise, many who were diagnosed in childhood are needing support to understand how the ADHD mind changes and develops in adulthood. This session will look at ADHD from the perspective of the lived adult experience. We will talk about some of the scars that come with being different as a child and how they creep in to sabotage adults. We will look at the different types of ADHD and how they can be accommodated for success in the workplace. We will also take a neurodivergent affirmative approach to seeing the value of a brain born outside of the box.

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## Session Outline

- Understanding Diagnostic Criteria
- Leftover assumptions about being different.
- Gender differences
- ADHD in the workplace
- Being Neurodivergent Affirmative
- Neurodivergent Superpowers!!
- Useful websites and resources

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## Session Includes

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions

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### Speaker: Gwen Jones



Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.