



coaching • counseling • psychotherapy

FROM THE USER'S PERSPECTIVE:
REACHING YOUR POTENTIAL WITH ADHD

UKAAN 5th Congress
IET: London, Savoy Place
22nd April, 2016



ADHD MAKES POTENTIAL “INACCESSIBLE”



Photo: Michael Macor, The Chronicle



WHAT MAKES THEM DIFFERENT?



Image credit: www.forbes.com



Image credit: www.twitter.com

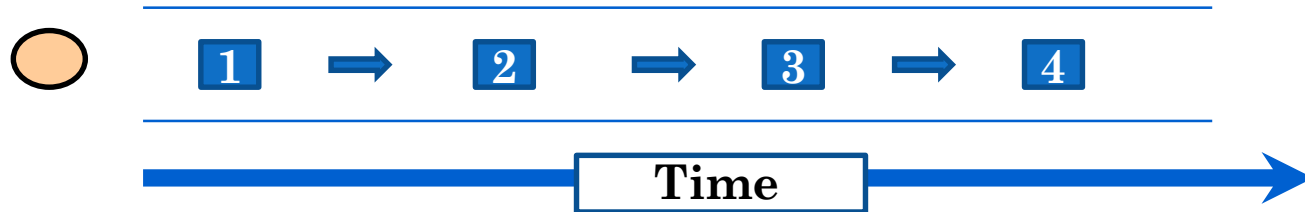


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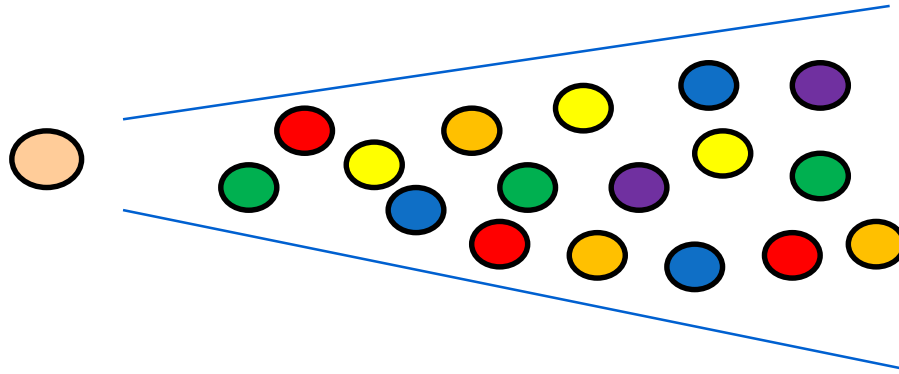


IMPEDIMENTS TO SUCCESS

- Challenges with Linear Processes
 - Effort
 - Commitment
 - Flexibility
 - Flow



“WIDER ATTENTIONAL FOCUS”



- Greater number of elements in stream of attention
- Increases potential combinations
- Enhances possibilities for idea generation

A. Abraham et al, (2006) Creative Thinking in Adolescents with Attention Deficit Hyperactivity Disorder (ADHD), *Child Neuropsychology*, 12:2, 111-123





DIVERGENT (NON - LINEAR) THINKING STYLE

○ Benefits

- Improves language proficiency and performance¹
- Leads to positive mood swings²
- Increases Entrepreneurial potential³
- Taking risks or making changes stimulates growth⁴

¹Haarman et al (2012) Does divergent thinking training improve language proficiency and performance?

University of Maryland Advance Study of Language

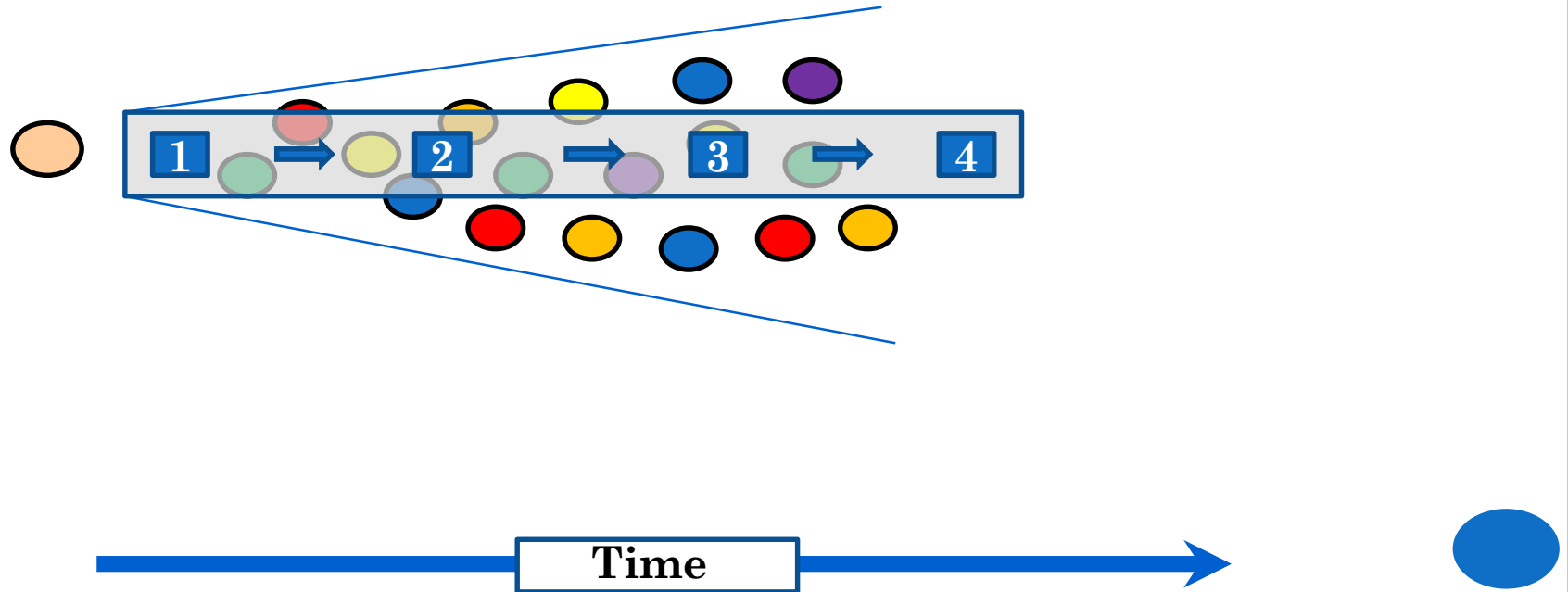
²Chermahini, S.A and Hommel, B (2012) Creative mood swings: divergent and convergent thinking affect mood in opposite ways. Psychological Research, Volume 76, Issue 5, pp 634-640

³Ames, M and Runco, M (2005) Creativity and Innovation Management, Volume 13, Issue 3, pp 311-315

⁴. Heunks, F (1998) Innovation, Creativity and Success. Small Business Economics 10: 263–272



ADHD SUPPORTIVE SYSTEM DESIGN



BENEFITS OF ADHD WIDE AWARENESS



Image credit: www.forbes.com



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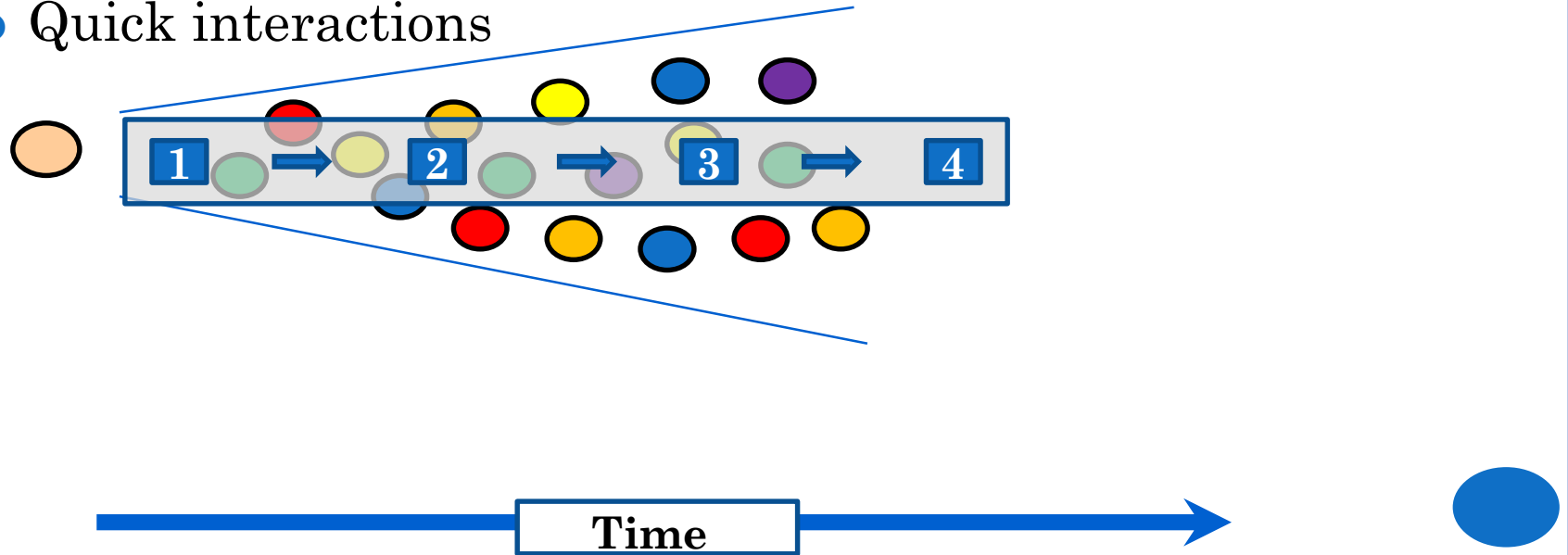


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ADHD SUPPORTIVE SYSTEM DESIGN

- Maintain linear process
- Minimum maintenance
- Quick interactions





THANK YOU



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