

Positives of ADHD

We always notice the parts that hurt - in the same way we concentrate upon the challenges and pain of ADHD, but fail to see the gifts it brings. ADHASA encourages recognising and building on the strengths of ADHD - and so secure a happier and more fulfilling future for all

curious - quick witted - thinkers - aware of surroundings

independent - assertive - energetic - mediator

comic-timing - intuitive - bright - brave

enthusiastic - impulsive - strong willed - fearless

determined - sharp - intelligent - sensitive

achieving - doing many things at once - inspiring

creative - opinionated - fascinating - critical

challenging - flexible - imaginative - inquisitive

funny - questioning - cute - bright - laid back

loads of energy - original thinkers - spokesperson

getting results - single minded - self reliant

great leaders - courageous

Understand and work on improving areas of difficulty

but

build your career on your strengths and SUCCEED!!!