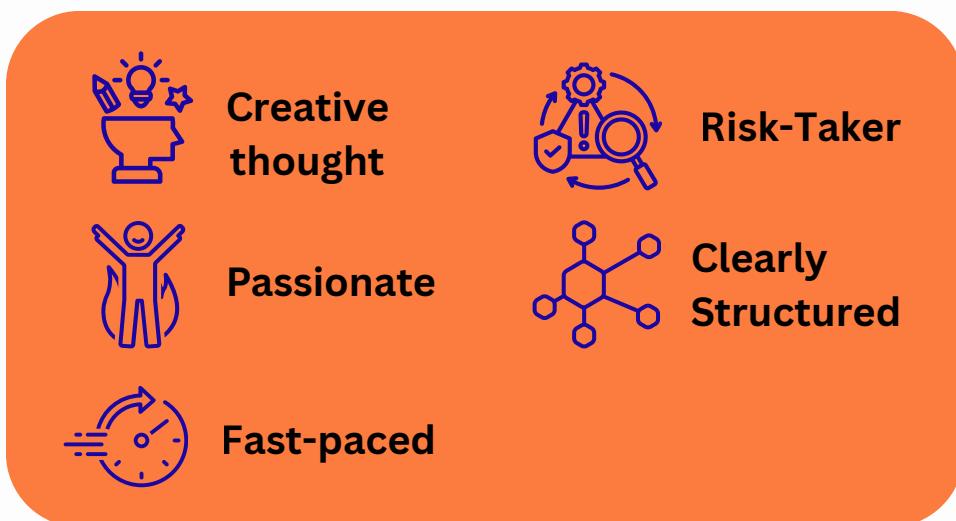


# ADHD Understanding Strengths & Finding the Right Career Sector

ADHD (attention deficit hyperactivity disorder) is a neurodevelopmental difference that affects how some people think, focus, and respond to their environment. While this can present challenges, many individuals with ADHD also have unique strengths. With appropriate support, they can reach their full potential.

More details on ADHD symptoms can be found [on the NHS website](#).



Here are some example sectors where this can apply to:



**Education**



**Art & Design**



**Catering**



**I.T.**



**Health**



**Business**

Visit these websites for more detailed information:

[adhdcentre.co.uk](http://adhdcentre.co.uk)

[ADDitude](http://ADDitude)

If you'd like to discuss any of the above, please call:  
0345 5480080

or email:

[supportingyou@careerseekersdirect.co.uk](mailto:supportingyou@careerseekersdirect.co.uk)



[www.careerseekersdirect.co.uk](http://www.careerseekersdirect.co.uk)