adhd@work

2027 PROGRAM

What is adhd @ work?

ADHD affects executive functioning (prioritizing, planning, decision making), task initiation and increases procrastination. But it doesn't have to be this way.

ADHD @ Work is a program to increase neurodivergent employees task intitiation, time management, planning, decision making and so much more.

- Increase productivity
- Decrease burnout and leaves of absence
- Increase job satisfaction
- Decrease overwhelm and procrastination



Meet Jenna

CORPORATE REGULATION EXPERT, AUTHOR AND THERAPIST

As a therapist for ADHD with ADHD, I've worked with over 1200 neurodivergent employees and I know what's needed for us to thrive. We have so many strengths but when we're dysregulted those get overshadowed by the struggles. We can turn that around.

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Program info:

This is a 4 week group coaching program where we implement changes, not just learn about them. ADHDers don't struggle with a lack of knowledge, it's the execution that's a challenge. This is what our 4 weeks is spent doing, implementing habit and mindset changes so you see real results, not just lip service.

- 60 minutes once a week on Mondays (optional Thursday Q and A call)
- Take the strategies into the workday, no "homework" or time dedicated to this work.
- PDF and call recordings to keep for long term support



How it works:

STARTING JANUARY 25TH, 2027

The person enrolled logs onto a secure platform each Monday to learn the focus of the week. Specific instructions are given how to implement these changes and we reconvene (optional) on Thursdays for any questions that came up.

This is about implementing change not learning more information.

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Professional Development Program

Program Overview & Funding Framework

Objective: A specialized professional development curriculum designed to optimize executive functioning, workflow execution, time management, and sustainable performance for professional employees.

Applicable Corporate Funding Streams:

This program is structured to qualify under several standard corporate budget allocations:

1. Learning & Development (L&D) / Training Budgets: Classifies as professional skills training, leadership development, or performance coaching.
2. Departmental / Operational Budgets: Can be approved directly by team managers looking to optimize team output, streamline project delivery, and reduce project management overhead.
3. Lifestyle Spending Accounts (LSA) / Wellness Budgets: Qualifies under corporate allowances for personal development, professional growth, or workplace wellness services.

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Core skills developed:

- Executive Functioning at Work: Prioritization , overcoming task initiation bottlenecks, and managing high-volume workloads.
- Time Blindness Mitigation: Reduce overwhelm and increase time management skills.
- Energy & Burnout Management: Sustainable pacing to eliminate high-fatigue cycles, stabilize daily output, prevent leaves of absence and burnout.

Administrative & Billing Details:

- Invoice Structure: Invoices can be issued directly to the employer (Accounts Payable) as a Professional Development Seat License or to the individual employee for expense reimbursement.
- Privacy & Confidentiality Protection: Corporate billing documentation explicitly protects employee privacy. Invoices refer strictly to "Workplace Performance Strategy & Executive Functioning Training"and do not include clinical data or medical identifiers.
- Documentation Provided: Upon registration or request, the provider issues a formal commercial invoice containing corporate-compliant line items ready for immediate expense processing.