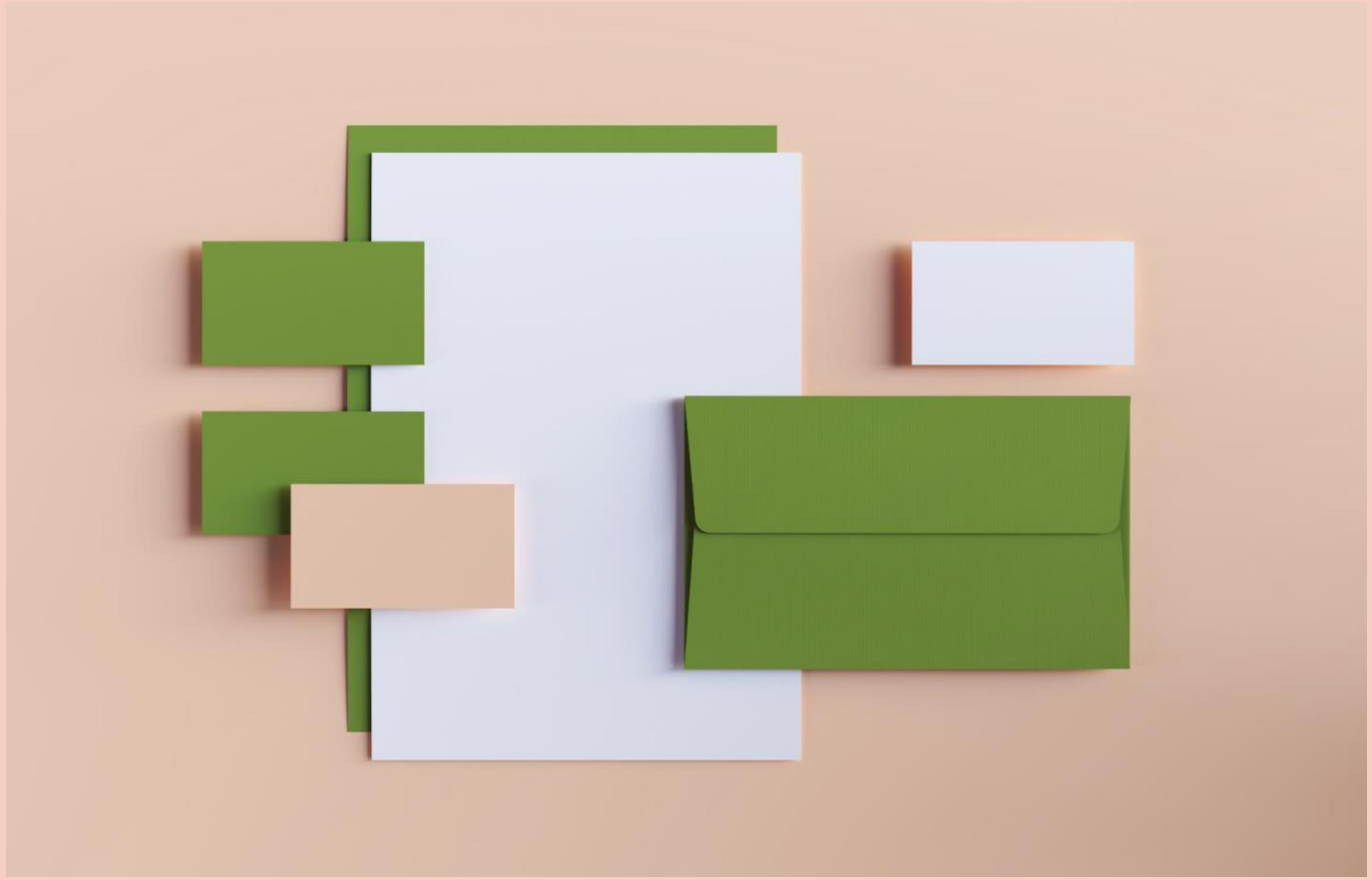
ADHD, Career & Change

My Perspective on Growth, Adaptation and Success – by Pedro Marques



Introduction



Structure of Talk.

Everyone experiences ADHD differently.

Questions welcome.

ADHD IN LAW

About Me



Early Years



ADHD Diagnosis



Career & Personal Changes

ADHD IN LAW

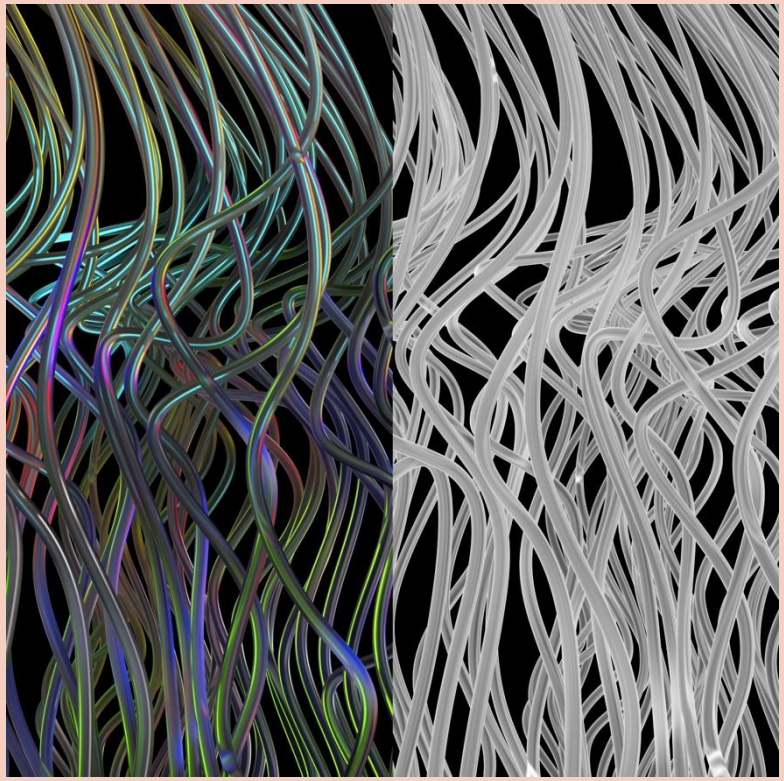
What ADHD Means To Me



My brain is not broken.

It processes the world differently.

Growing Up with ADHD



Different.

Confused.

Determined.

ADHD IN LAW

The Story We Often Hear



Study → Graduate → Job → Success.

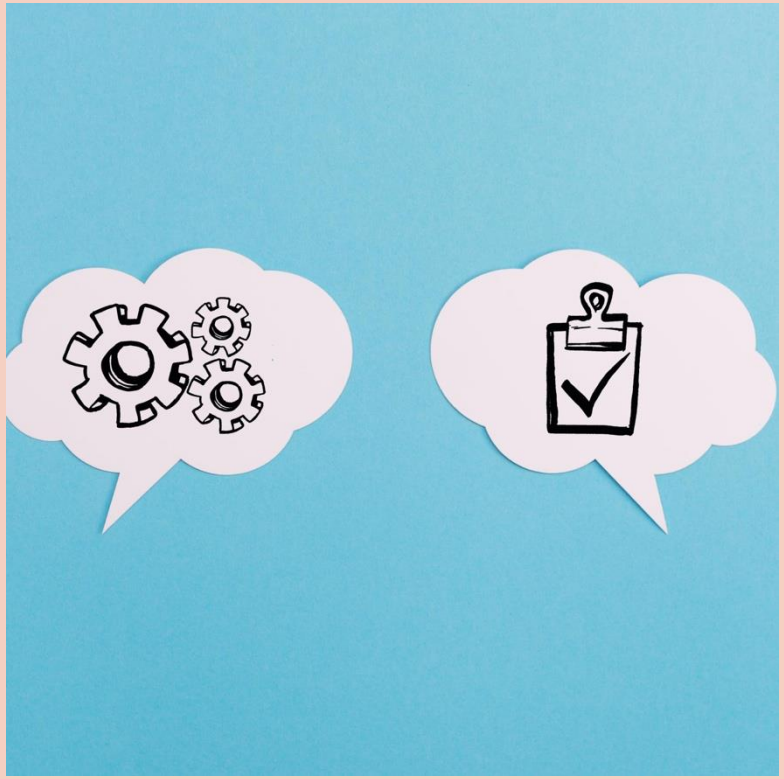
ADHD IN LAW

The Reality



Careers are rarely linear.

ADHD In the Workplace



Prioritisation.

Time Blindness.

Organisation.

Overwhelm.

ADHD IN LAW

ADHD Strengths



Creativity.

Curiosity.

Problem Solving.

Hyperfocus.

ADHD IN LAW

Hyperfocus



Superpower or am I just focusing on one thing and forgetting about everything else?

ADHD IN LAW

Change v Routine



Change can be difficult.

Change means uncertainty.

April: Everything Change

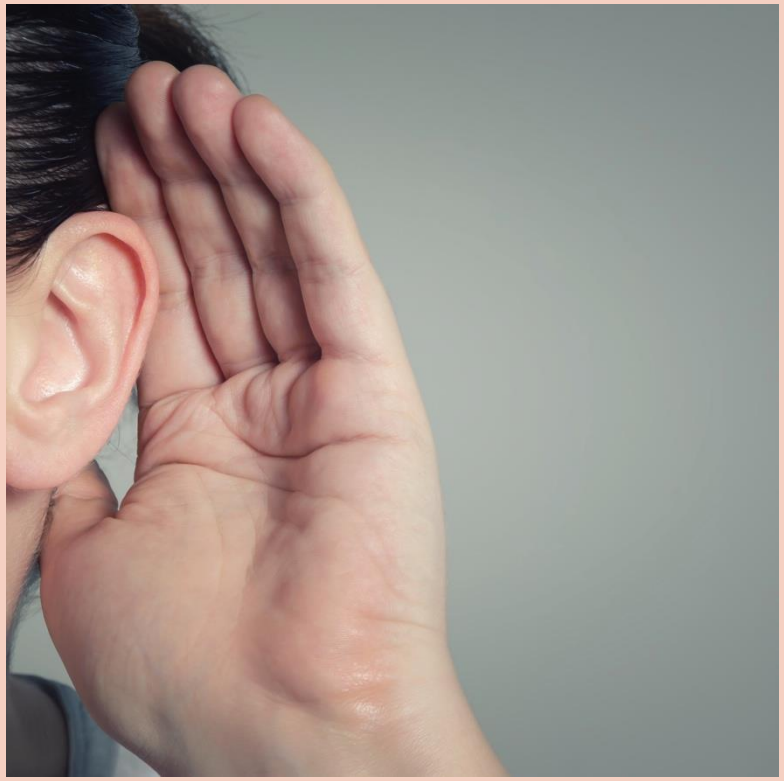


🏠 **Moved to London.**

💼 **Started New Job.**

❤️‍🩹 **Moved in with my Girlfriend.**

What Nobody Tells You About Change



Even good change creates stress.

How I Adapted



Structure.

Support Network.

Communication.

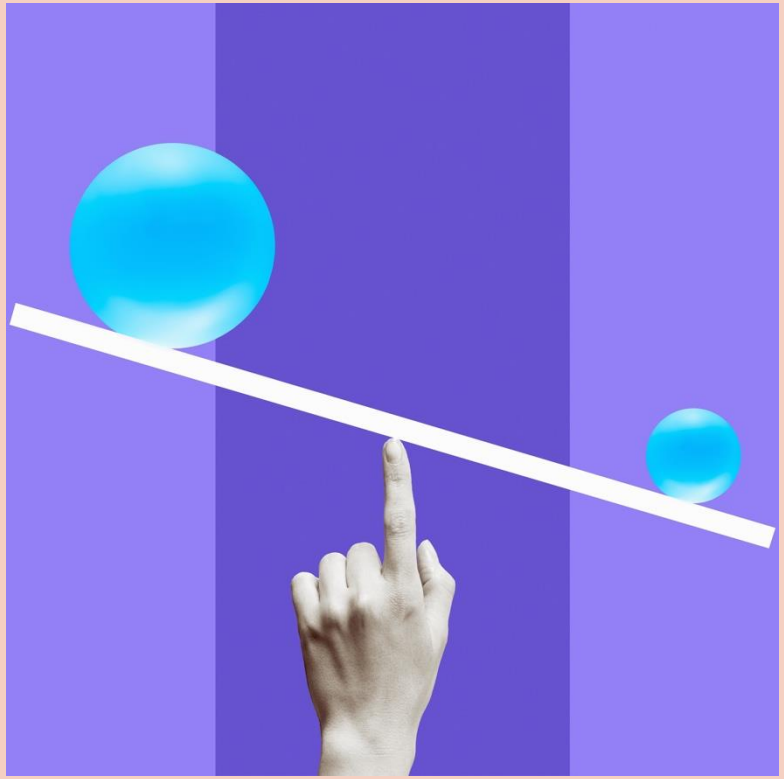
Self-Awareness.

Imposter Syndrome



What if everyone discovers I am struggling?

Workplace Adjustments Matter



Flexible working.

Written instructions.

Clear priorities.

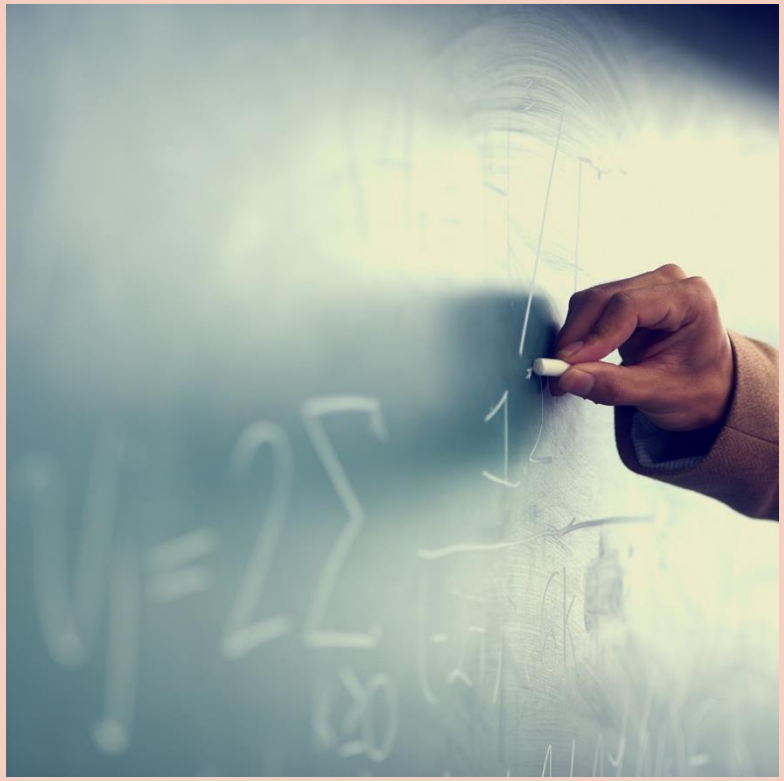
ADHD and Success



Success does not require thinking like everyone else.

ADHD IN LAW

What ADHD Has Taught Me



Resilience.

Adaptability.

Creativity.

Perspective.

What I'd Tell My Younger Self



You do not need to change who you are to succeed.

Key Takeaways



Different is not less.

Careers are not linear.

Change can be growth.

Discussion



What has change taught you?

Questions?

Thank you!

