

How To Do Well At Work With ADHD

By laurenw



Introduction

Are you struggling to succeed at work? Do you struggle with ADHD as an adult? If so, keep reading this article. This article is geared toward adults who are struggling with ADHD. Particularly, it will explore ways to overcome the struggles associated with ADHD in the work place. Particular ways to deal with the struggles associated with ADHD at work include having an organized desk, having a set time for returning clients' messages, as well as taking notes at staff meetings.

Having An Organized Desk

One way to overcome the struggles associated with ADHD at work is to have an organized desk. If your desk is organized, you will be more productive in your daily routine at work. You will be more focused and be able to think more clearly. As a result of all of the above, you will also be more relaxed and stress-free throughout the work day. You will notice the difference in your performance level at your job.

Having A Set Time For Returning Clients' Messages

In addition to having an organized desk, another way to overcome the struggles associated with ADHD is to have a set time for returning clients' messages. When you have a set time for returning clients' messages, you will be more productive throughout the day at work. You will not be focused on returning these phone calls because you will have a set time for returning them. Instead, you will be focused on your work. Trust me. It works.

Taking Notes At Staff Meetings

In addition to having an organized desk at work and having a set time to return clients' messages, another way to handle the struggles associated with ADHD in the workplace is by taking notes at staff meetings. Taking notes at staff

meetings is especially important, especially if you suffer from ADHD. With ADHD, it is easy to forget information. Therefore, if you take notes at staff meetings and your boss asks you a particular question about the meeting, you will be prepared to answer your boss' question correctly. You will gain more respect from your boss and succeed in the workplace, as well.

Conclusion

Having an organized desk at work, having a set time for returning clients' messages, as well as taking notes at staff meetings are several ways to handle the struggles associated with ADHD in the workplace. If these ways do not work for you, there are plenty of other ways to handle the struggles associated with ADHD in the workplace. Use your imagination, and you will succeed.

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