



**ADULT ADHD**

## **AWARENESS AFTERNOON** **“ADHD in the Workplace”** **Saturday, 7 December, 2019**

Workplaces are meant to ‘support work’, but they often present challenges if you have ADHD. Conforming to them can be difficult or impossible because of innate differences in our cognitive functioning. Many employers/organisations have little knowledge of ADHD. Lack of support from an employer is one reason why some of us leave a job. ADHD employees often don't have the strategies or knowledge to use in their favour.

**Don't miss guest speaker, Rachel WORSLEY**, who carved out a promising career in journalism and legal marketing, before giving it up to start businesses in content marketing, writing and poetry.

**Her secret to success: “living with ADHD”.**

Through her personal story Rachel will reveal how anyone with ADHD can make the most of their strengths and thrive at work. Topics will include: \* Disclosing your ADHD \* Your rights & obligations \* Workplace accommodations \* Practical strategies

**WHERE** St Barnabas Centre, 57-61 Mountain St, ULTIMO near Broadway

**TIME** 2.00 PM – 4.30 PM including coffee/tea/chat  
*\$5.00 donation at the door is appreciated to help cover costs.*

**TRAVEL** Catch train to Railway Square near Central Railway. Walk west along Broadway, past Harris St, and Wattle St, and then look out for Mountain Street on the right. Or catch a bus that stops at Broadway near Mountain St (if heading east) or Buckland St (if heading west).

**JOIN US AFTER FOR CHRISTMAS NIBBLES/DRINKS & CHAT!**

**ALL WELCOME. REGISTER NOW at [www.adultadhd.org.au](http://www.adultadhd.org.au)**

Publications and resources will be on sale! Handout information will be FREELY available!

**ADHD CENTRE**  
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