

ADHD in the Workplace

Community Resources:

- **CanLearn Society:**
 - Support Groups- <https://www.canlearnsociety.ca/webinar-and-support-groups-update/>
 - Counselling- intake@canlearnsociety.ca 403-686-9300 ext. 102
 - ADHD Coaching - <https://www.canlearnsociety.ca/adhd-learning-disabilities/services/adhd-coaching/>
 - Let's talk ADHD- <https://www.canlearnsociety.ca/adhd-learning-disabilities/services/for-adults/adult-adhd-group/>
- **Others:**
 - ADHD Coaching: <https://caddac.ca/resources/resource-map/adhd-coaches/>
 - Support Groups: <https://caddac.ca/document/support-groups-other-provinces/>
 - ADHD Forum: <https://healthunlocked.com/adult-ADHD>

Websites:

- CanLearn Society www.canlearnsociety.ca
- Centre for ADHD Awareness in Canada <https://caddac.ca/>
- CHADD <https://chadd.org/>
- Totally ADD <https://totallyadd.com/>
- Understood <https://www.understood.org/>
- How to ADHD <https://howtoadhd.com/>
- ADHD Rewired <https://www.adhdrewired.com/>
- ADDitude Mag <https://www.additudemag.com/>
- CADDAC: <https://caddac.ca/understanding-adhd/in-adulthood/adhd-in-the-workplace/>
- Perfect Resume: <https://www.myperfectresume.com/>

Books:

- *Taking Charge of Adult ADHD (2010)*. Russell Barkley.
- *ADD-Friendly Ways to Organize Your Life: Strategies That Work from a Professional Organizer and Renowned ADD Clinician (2002)*. Judith Kolberg and Kathleen Nadeau. Brunner-Routledge Publishing. New York, NY.
- *Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder (2005)*. Edward M. Hallowell and John J. Ratey. Ballantine Books. New York, NY.
- *Learning for Success: Effective strategies for students (4th Ed.)* by J.Fleet, F. Goodchild, & R. Zajchowski. (2006). Toronto: ON: Thomson Nelson

Applications:

- Organization
 - Evernote
 - DropBox
 - Quickbook
 - Minimalist
 - One Note
- Productivity
 - TomatoTimer
 - Flipd- keep track of studying/ productivity
 - Notability
 - Notion
- Time Management
 - Rescue Time
 - Focus To-Do: Pomodoro Timer and to do list