

# Disclosure Script for ADHD

Plan how to talk about your support needs with confidence.

## Before the conversation

- [ ] Clarify what you need (adjustment, deadline flexibility, sensory support).
- [ ] Gather documentation if required (diagnosis letter, Access to Work report).
- [ ] Choose a time and setting where you can speak without rush.

## Script outline

Use this template and adapt the language to feel natural.

1. Context: "I want to share that I am ADHD and what helps me work well."
2. Strengths: "You will see I bring energy, hyper focus on deadlines and creative ideas."
3. Challenge: "When instructions arrive verbally I can miss steps, so I write them down straight away."
4. Ask: "Could we agree to follow up big tasks with a summary email?"
5. Check in: "Does that work for the team? I am happy to review options."

## After the conversation

- [ ] Send thank you email recapping what was agreed.
- [ ] Add reminders to calendar so adjustments are actually used.
- [ ] Book review meeting to see if plan is working.