

Focus, Flow, and Cold Coffee

ADHD-Driven Development Practices

Damn It, Jim!

I'm a Technical Coach,
not a Doctor!



Disclaimer

ADHD manifests differently in each individual and often coexists with other forms of neurodivergence.

The experiences and strategies I'll be sharing in this presentation reflect **my personal journey** and may not align with everyone's experiences.

My goal is to **offer insight**, not a one-size-fits-all perspective.

Cold Coffee Syndrome





What is ADHD?

Attention-Deficit/Hyperactivity Disorder (ADHD)

is a neurodevelopmental condition that affects how a person regulates attention, impulses, and activity levels. It's not about having no attention — it's about having inconsistent control over where attention goes.

What is ADHD?

Not just “inability to focus”



What is ADHD?

Squirrel!!!



What is ADHD?

Hyper Focus



What is ADHD?

Cold Coffee as Code



ADHD in My Work.

ADHD at Work

Getting Overwhelmed



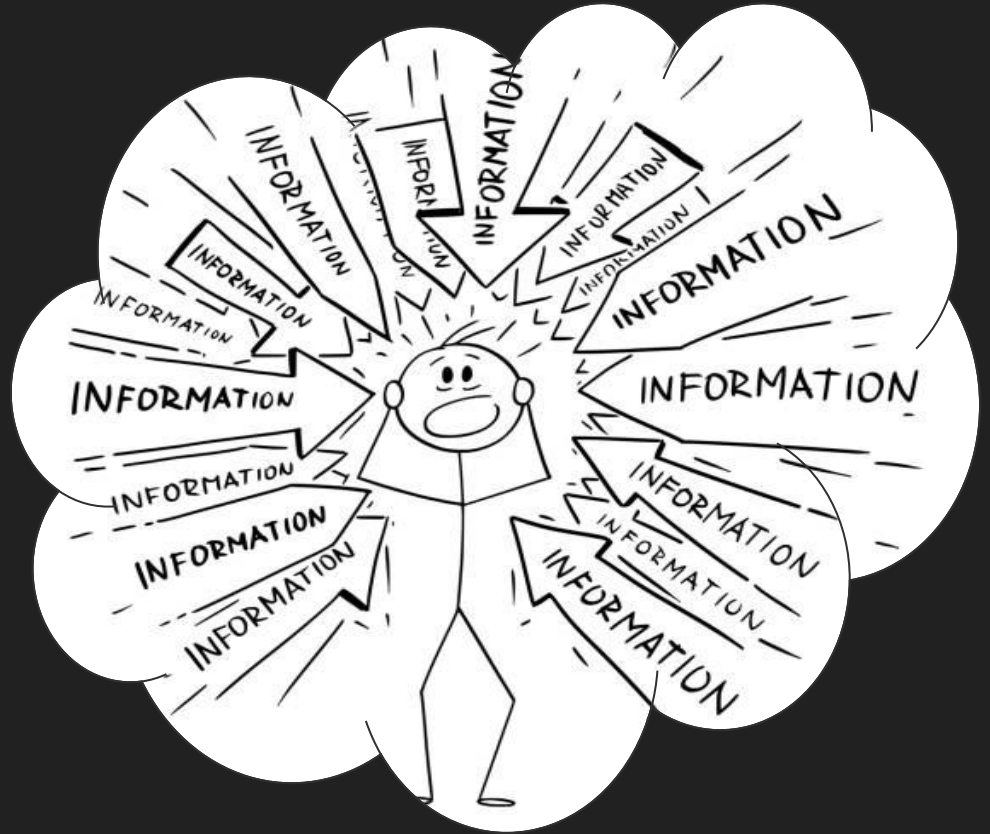
ADHD at Work

Memory Issues



ADHD at Work

Holding “important” information





ADHD in my work

**RSD (Rejection Sensitivity
Dysphoria)**

Criticism feels catastrophic.



ADHD in my work

Imposter Syndrome

I feel like a fraud. **All. The. Time.**

What Works for Me,
and Why?

Quality Practices that Work Well With ADHD

Collaborative Programming

Shared Attention

Real-time Feedback

Big Picture/ Small Picture

Distributed Memory



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Collaborative Programming

Body Doubling

Code becomes a trap

Pomodoro



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Quality Practices that Work Well With ADHD

Test Driven Development

Smallest thing possible

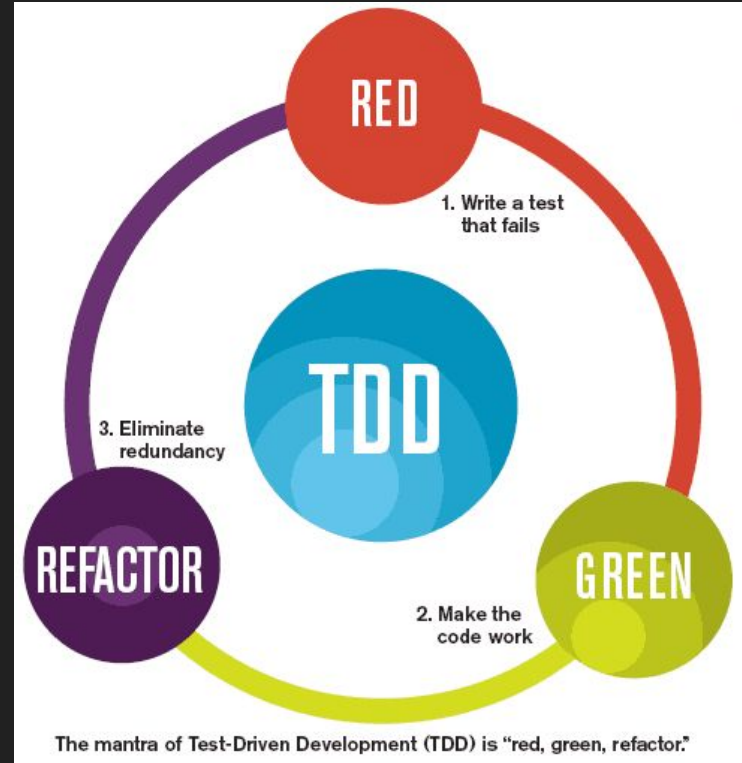
Never debugging code

Cognitive complexity

No BUFD

(Big Up Front Design)

Requirements as Code



Quality Practices that Work Well With ADHD

Test Driven Development

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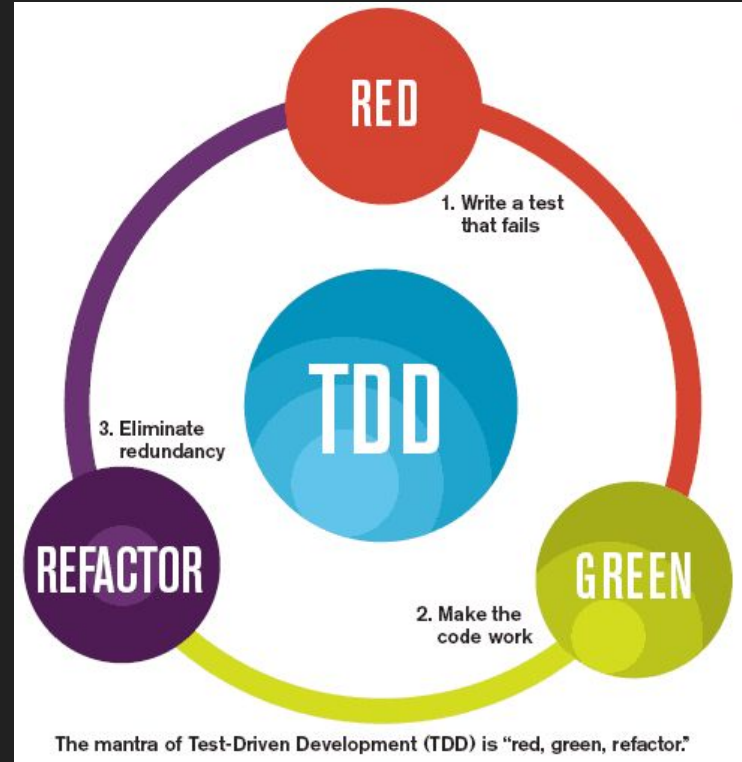
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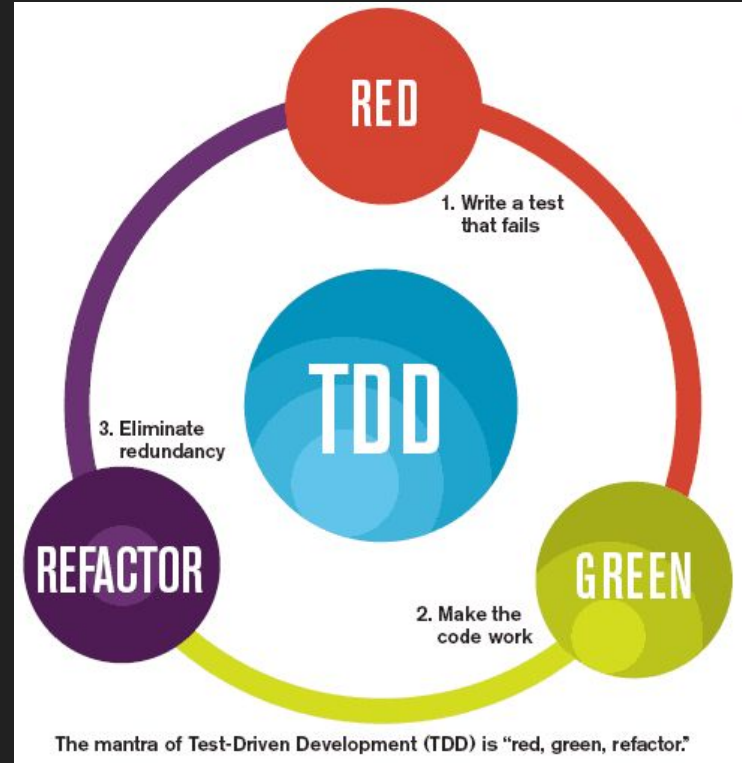
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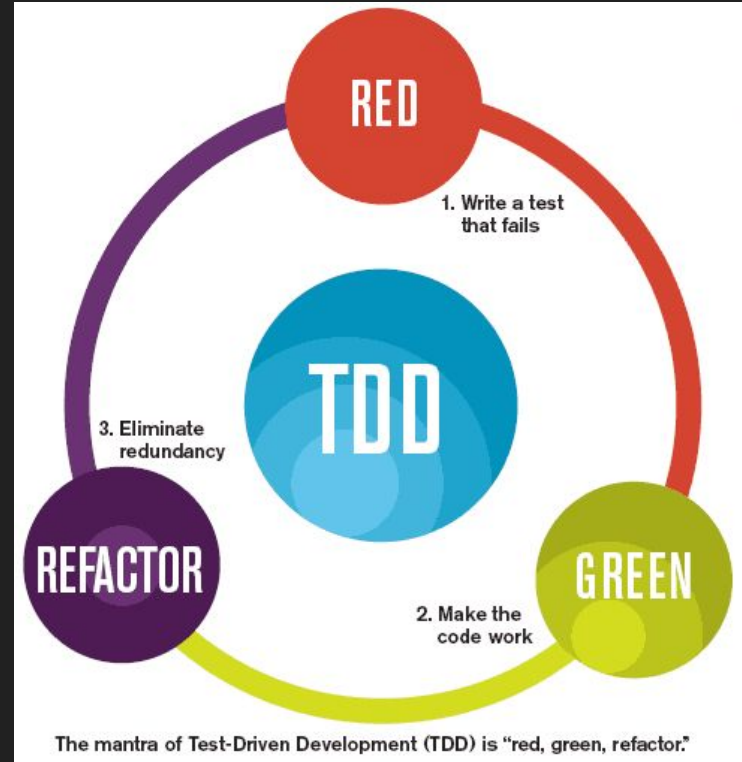
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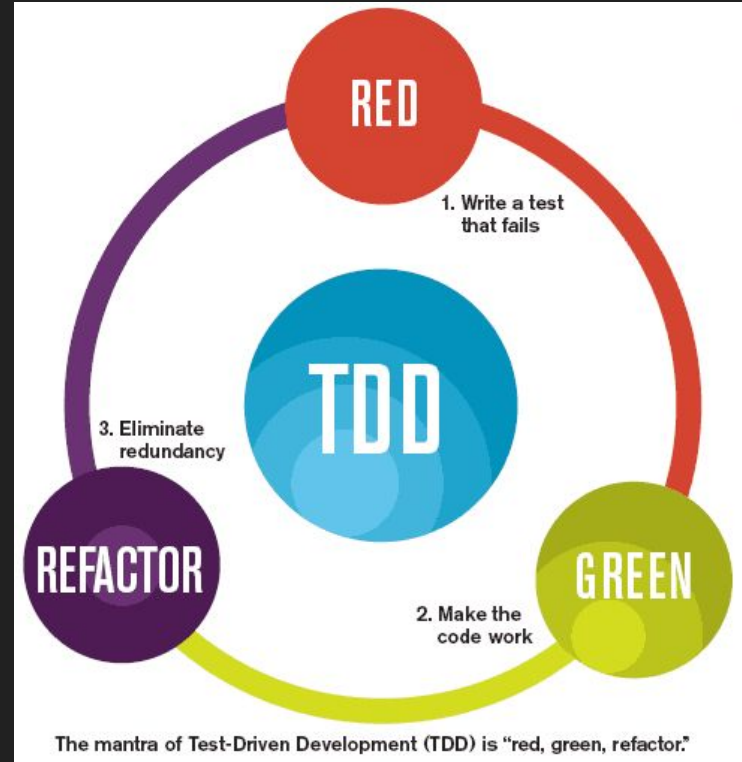
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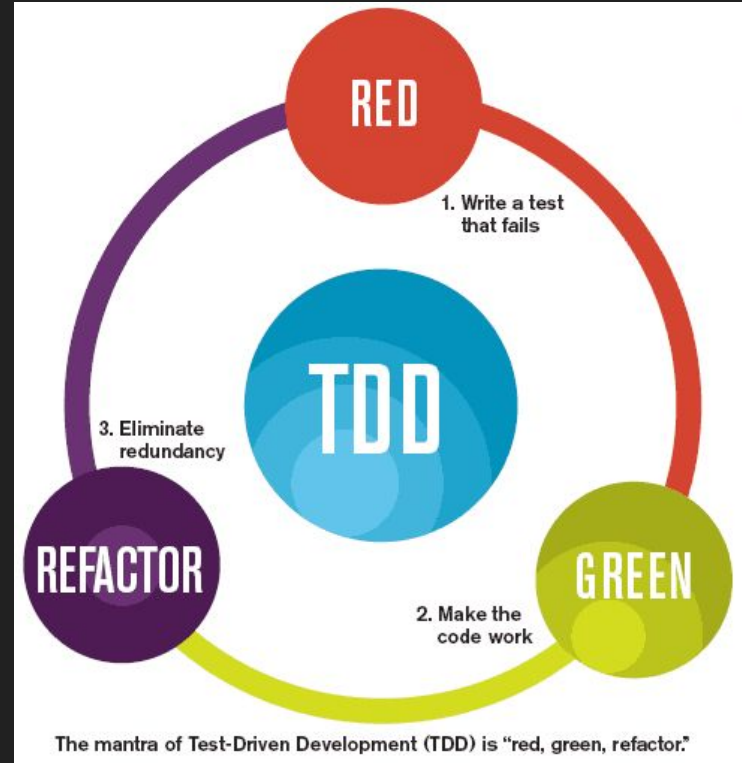
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Quality Practices that Work Well With ADHD

Discovery Trees

Visual Clarity

Smallest thing possible

Task Tracking



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“Important” Takeaways

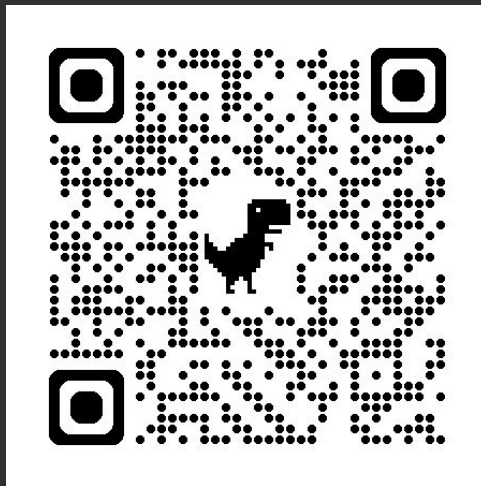
ADHD *helped* me to find better ways to work.

Quality Practices like TDD, Mobbing and Discovery Trees aren't just “**best practices**”.

These methods **don't just help ADHD brains**
- they make work better for *everyone*.

Thank you!

Questions?



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