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.

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 Syndrome

What is ADHD?

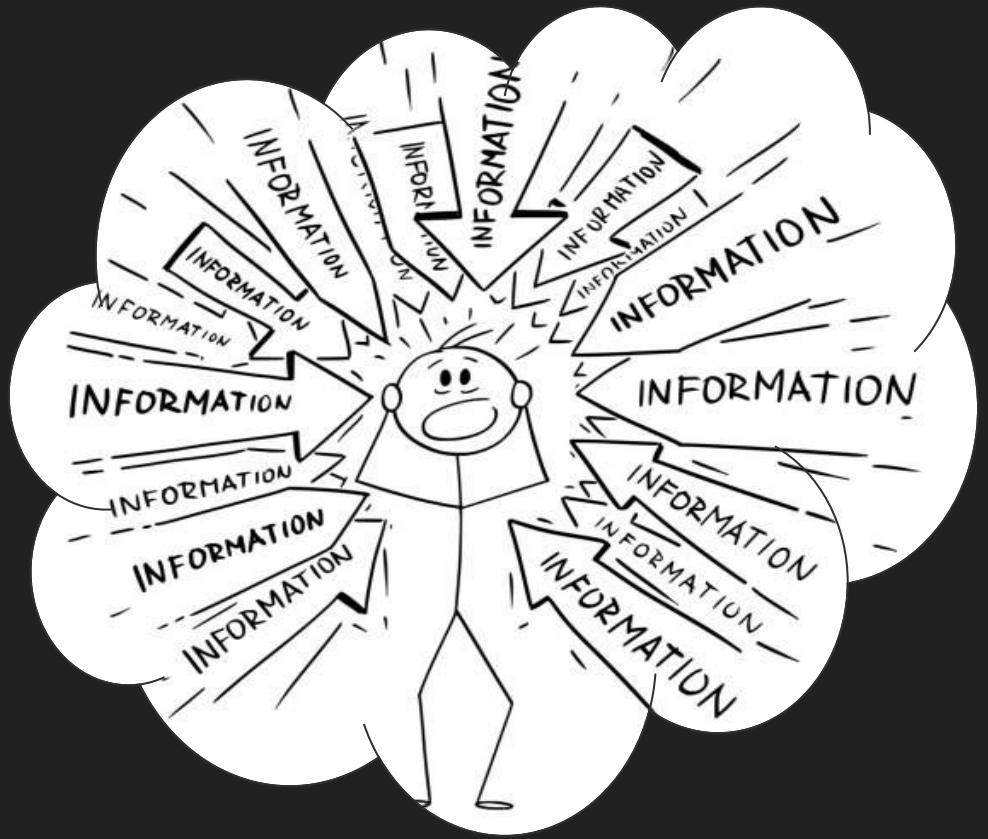
Getting Overwhelmed

What is ADHD?

Memory Issues

What is ADHD?

Holding “important” information



What is ADHD?

Coffee at night

ADHD in My Life.

ADHD in my life

High School

I failed my way through school. Junior High, High School, College….

Jobs

Fast Food, Bartender, Karaoke Salesman, Customer Service Rep, Game Developer, Web Developer, Massage Practitioner, Martial Arts Instructor, Software Developer, Technical Coach

Diagnosed in 2009

Age 40.

Medication changed EVERYTHING

It’s not magic.
It's just one part of managing the chaos.

ADHD in My Work.

ADHD in my work

Hyper Focus

Productive… until it’s not.

ADHD in my work

Organization & Clutter

I know I just set that down...

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

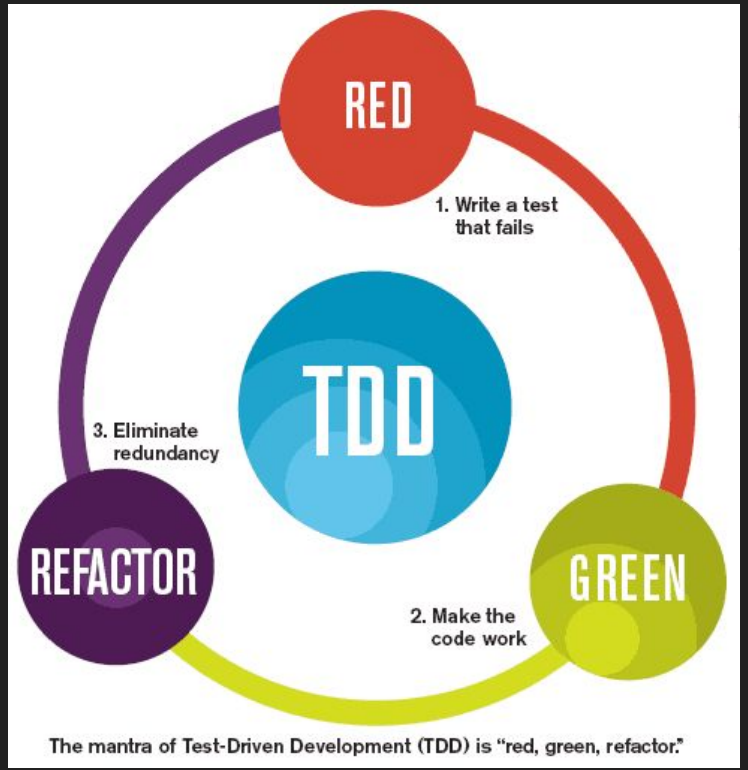
Never debugging code

Cognitive complexity

No BUFD

(Big Up Front Design)

Requirements as Code



The mantra of Test-Driven Development (TDD) is "red, green, refactor."

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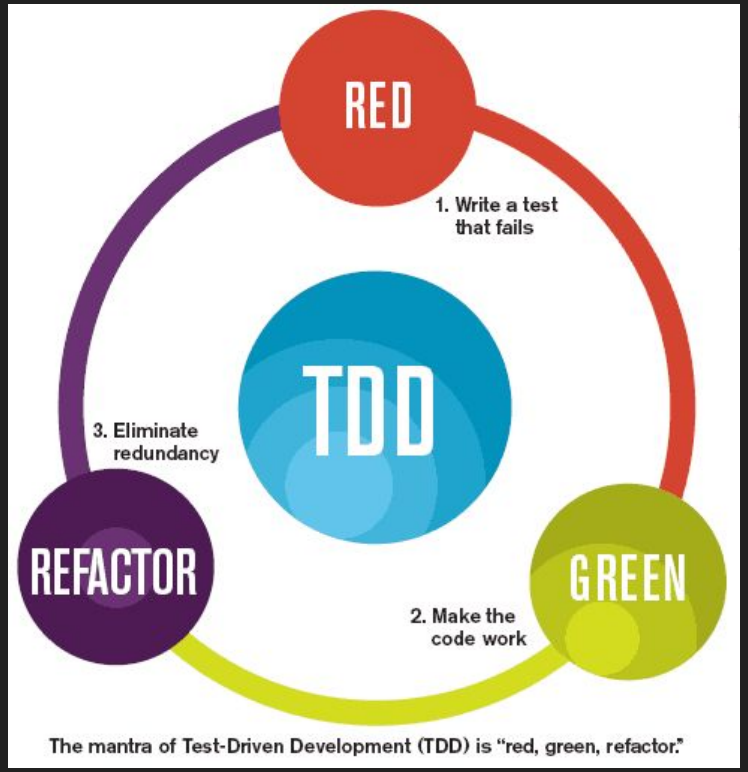

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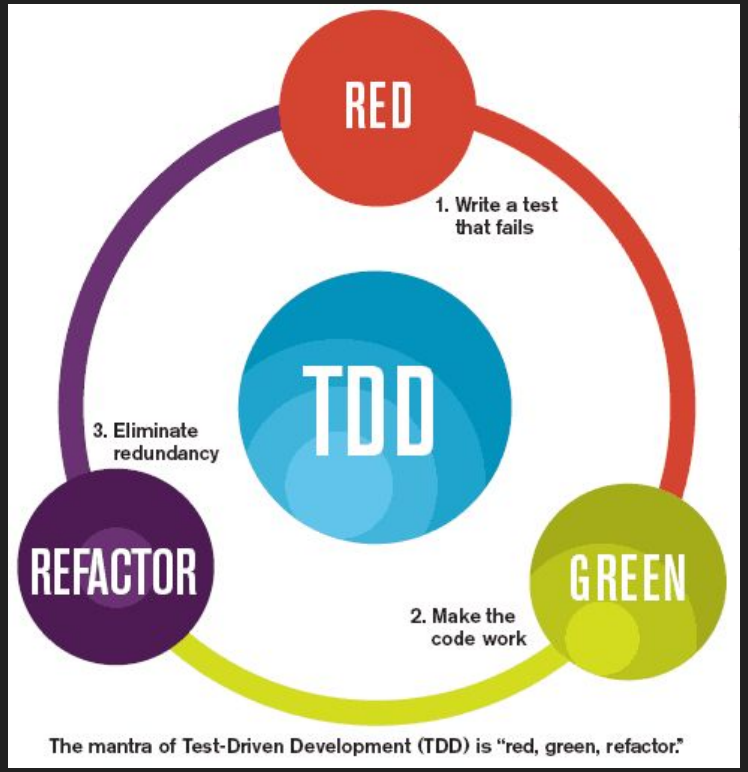

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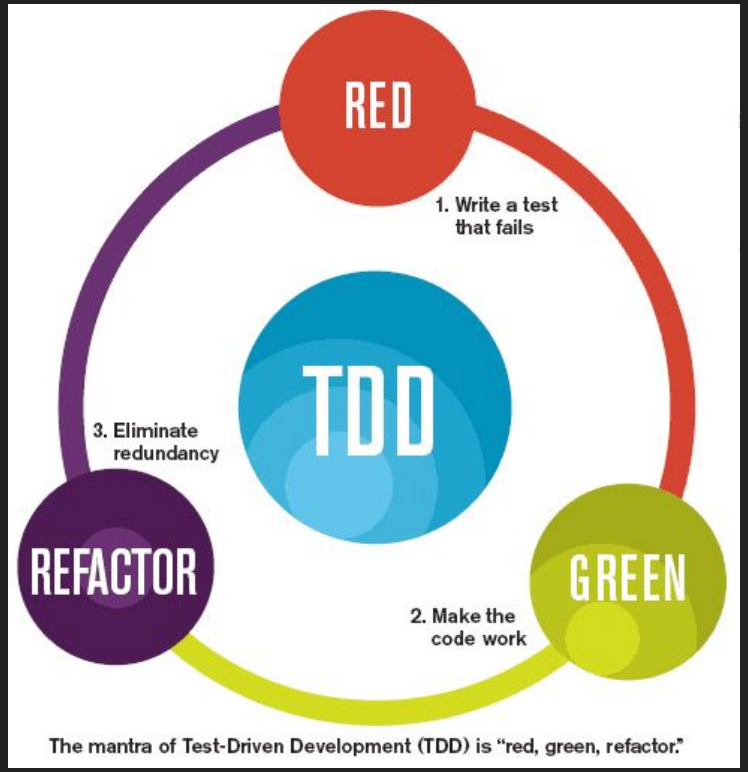

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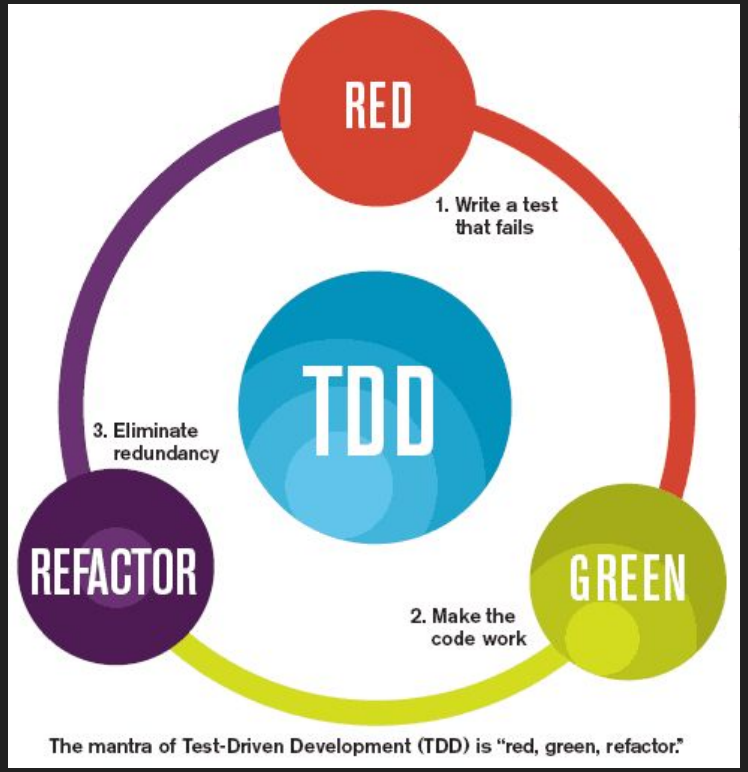

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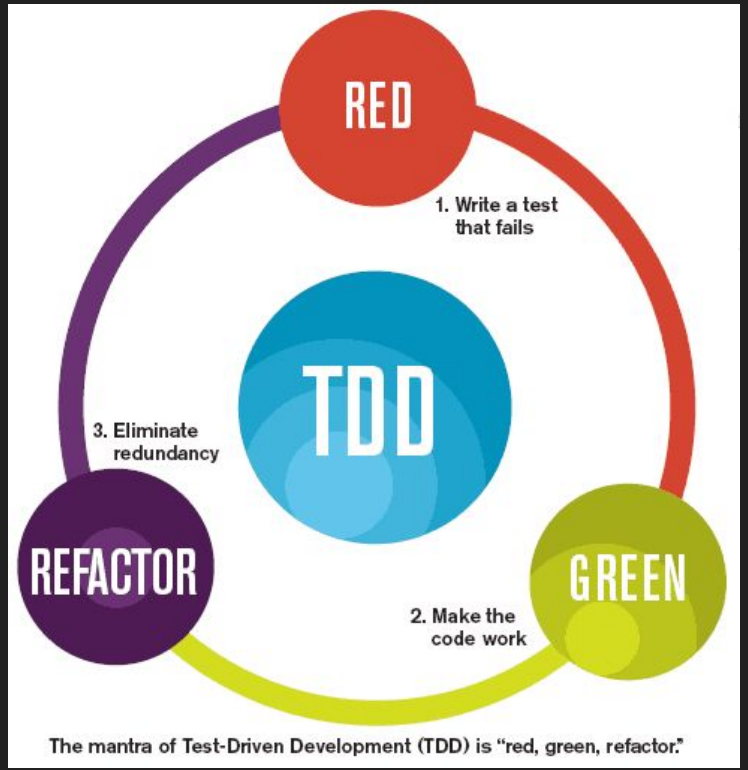

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Discovery Trees

Visual Clarity

Smallest thing possible

Task Tracking

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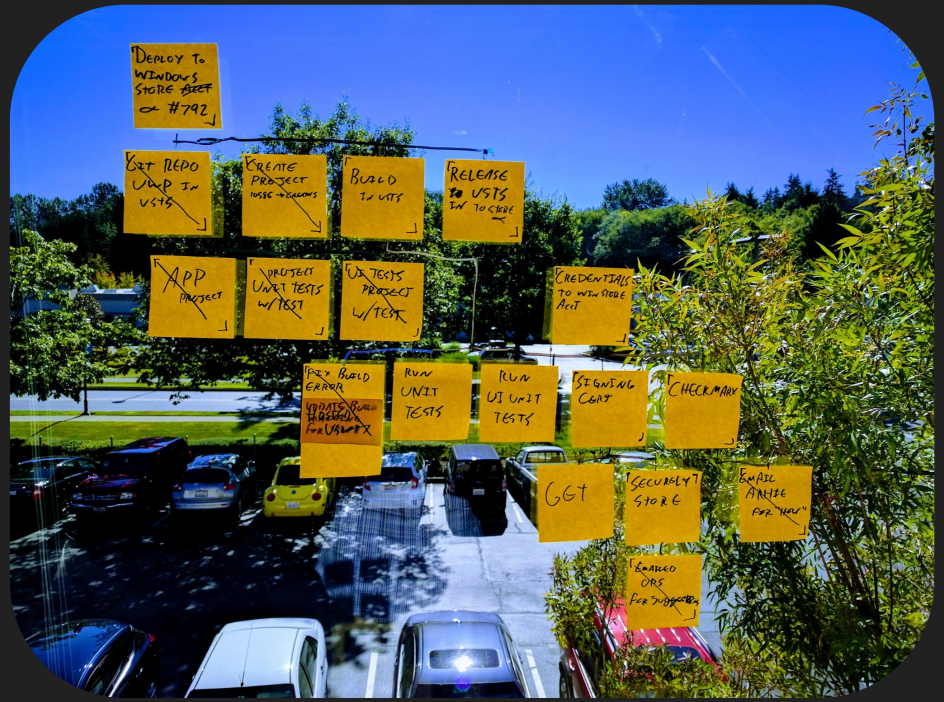

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Wrap Up

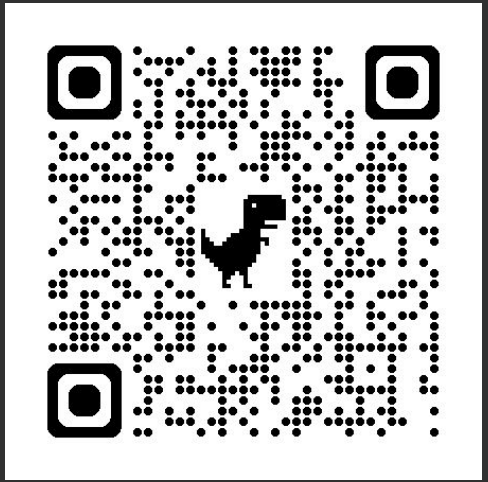
ADHD *helped* me to find better ways to work

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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