

# 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



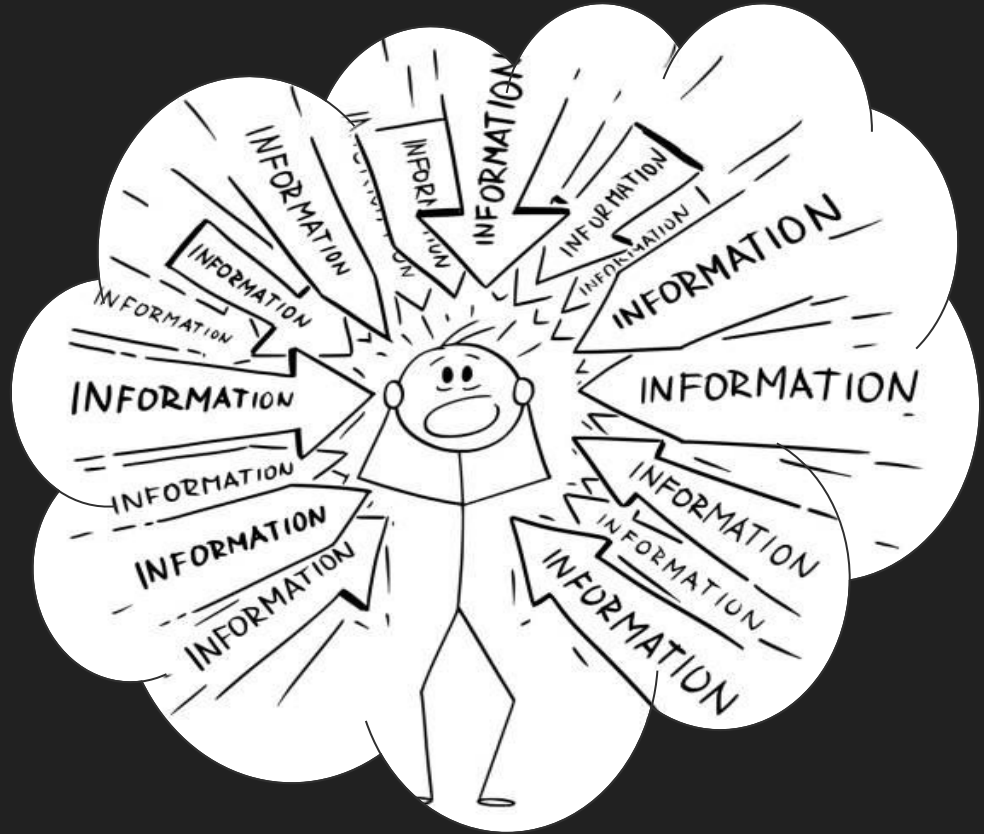
# ADHD at Work

## 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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## Shared Attention

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# Quality Practices that Work Well With ADHD

Collaborative Programming

## Body Doubling

Code becomes a trap

Pomodoro





# Quality Practices that Work Well With ADHD

Collaborative Programming

**Body Doubling**

**Code becomes a trap**

Pomodoro



# Quality Practices that Work Well With ADHD

Collaborative Programming

**Body Doubling**

**Code becomes a trap**

**Pomodoro**





# Quality Practices that Work Well With ADHD

Test Driven Development

Smallest thing possible

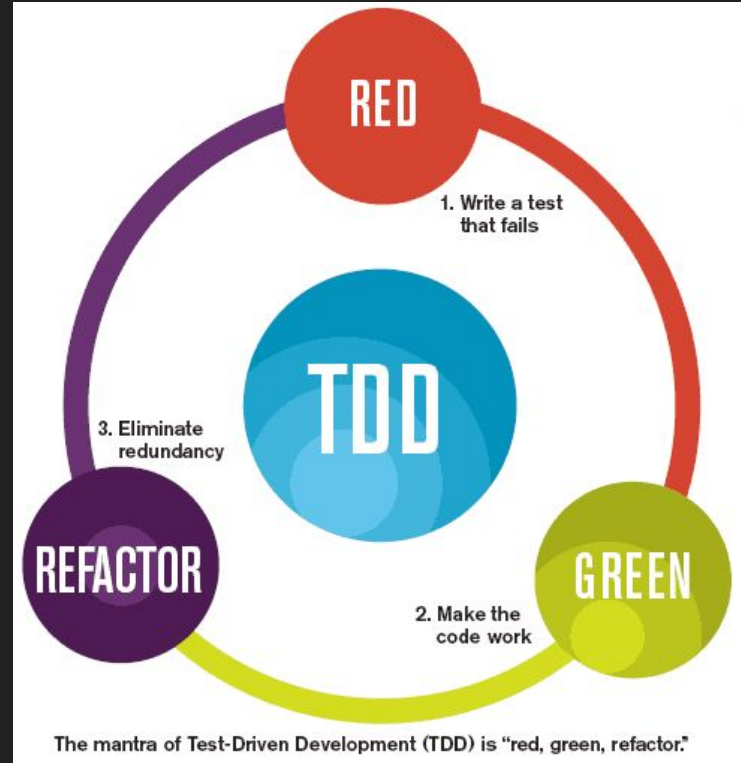
Never debugging code

Cognitive complexity

No BUFD

(Big Up Front Design)

Requirements as Code



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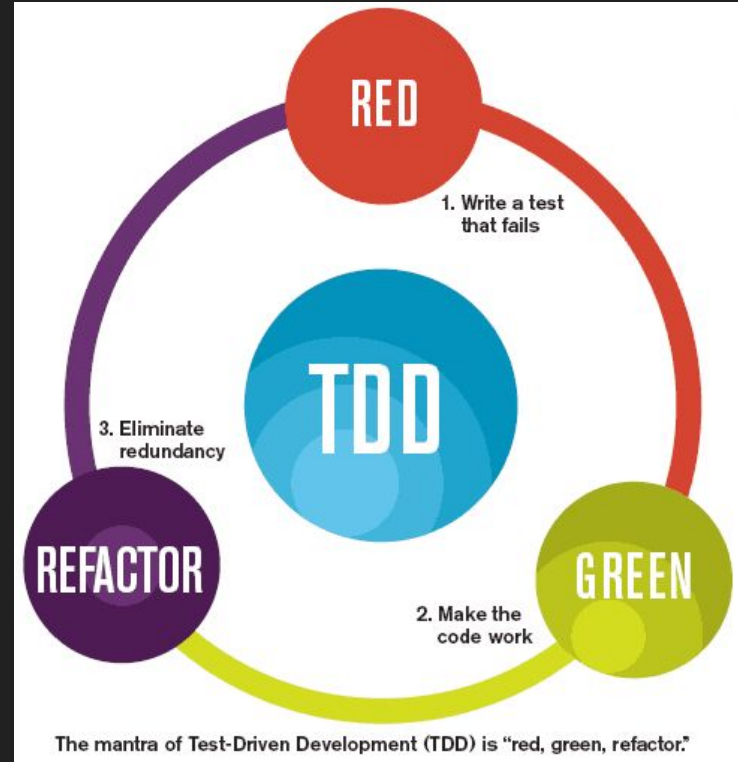
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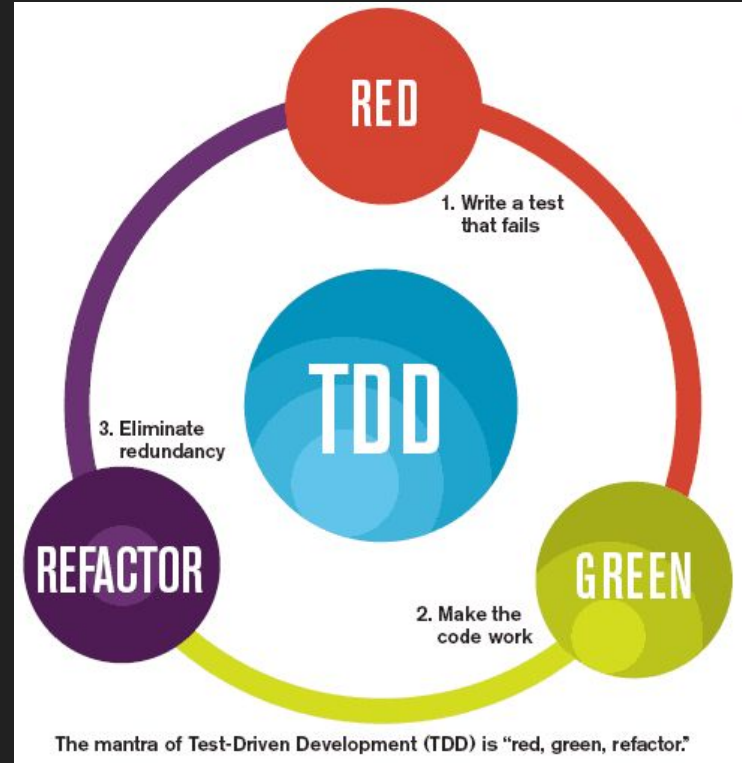
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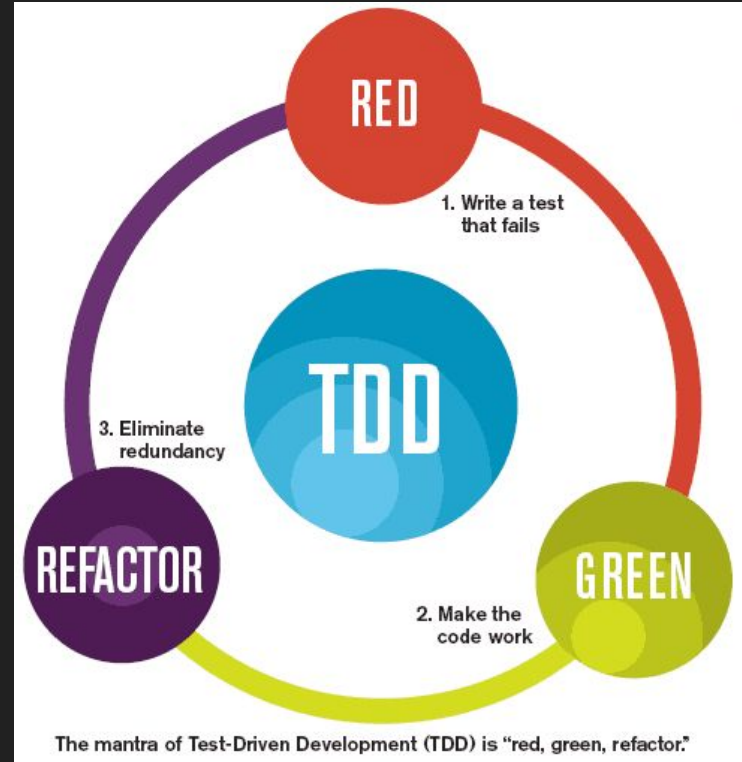
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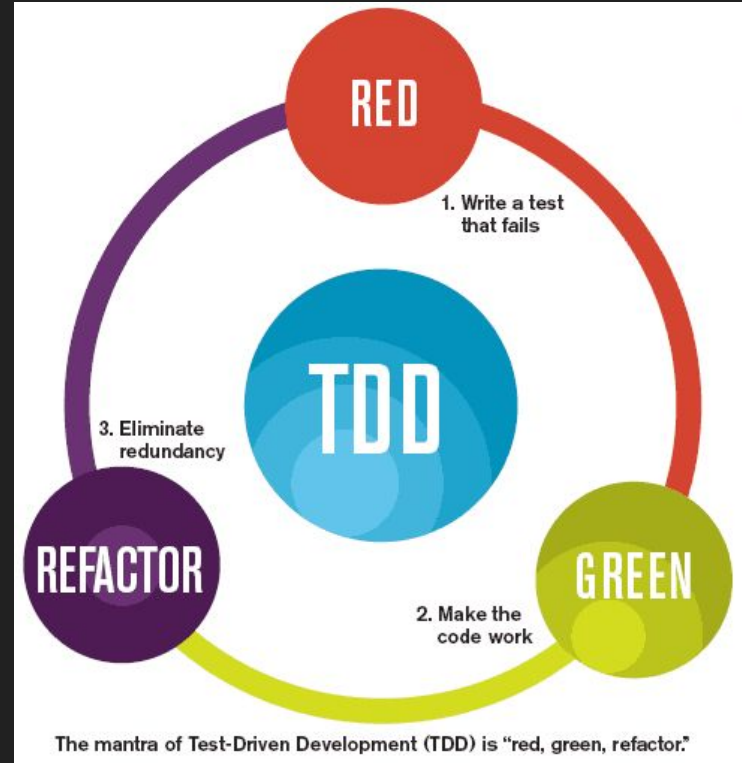
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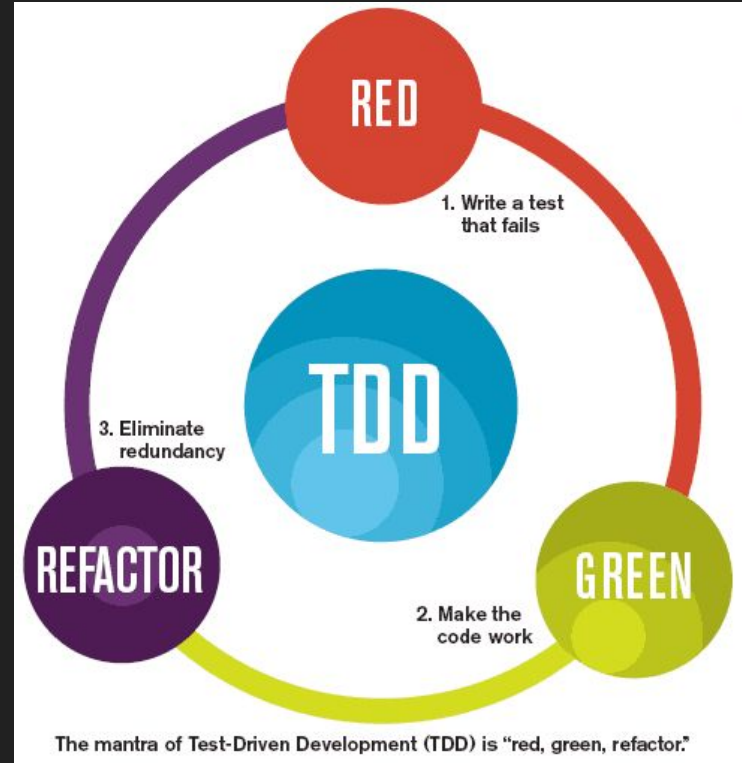
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# Quality Practices that Work Well With ADHD

Discovery Trees

Visual Clarity

Smallest thing possible

Task Tracking





# Quality Practices that Work Well With ADHD

Discovery Trees

## Visual Clarity

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## “Important” Takeaways

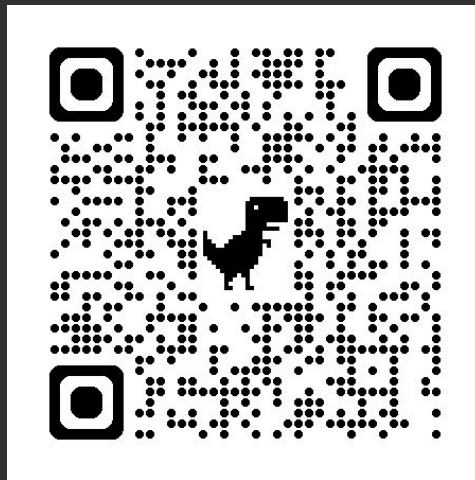
ADHD *helped* me to find better ways to work.

**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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