



ADHD Foundation

Preparing for Employment and Training

The ADHD Foundation provides specialist support for Job Seekers living with ADHD.

Our programmes enable you to understand and manage your ADHD, identify your interests and skills and match them to help you discern the right career path for you.

For some it is about returning to work after a period of unemployment and recognising that you need support. For others it maybe the first time they are entering the job market after school or college or vocational training.

Get that job & succeed,,,,,

We will support you in:

Identifying your strengths and weaknesses

Planning and organising your time and tasks

Create a CV

Support you in how to complete a job application

Develop and improve your interview skills

Make an action plan and set personal goals

Understand the process involved in starting work or training.

How to get into a work placement

Support you in voluntary work

Get and keep the right job for you



Personal Development

Growing in confidence can be a challenge when your efforts to find work don't seem to be getting you anywhere.

Often we forget how much we have to offer an employer. Our support can help you in regaining the self esteem, self confidence and skills to enable you to make those difficult first steps.

For more information contact us

ADHD Foundation

Head Office

151 Dale Street

Liverpool

L2 2AH

[Www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)

info@adhdfoundation.org.uk

Tel: 0151 237 2661

