



## Invisible Disabilities Training: Focus on ADHD

With Jannine Perryman, ADHD Wise UK.  
Designed to meet the criteria for the DWP's Access to Work 'Disability in the Workplace' funding

### Jannine Perryman



Jannine is a leader in the field of supporting ADHD and associated conditions, both in the workplace and in education. She blends theory into practice in a way that makes a real difference to all involved. Jannine's heavy investment in this field makes her an unrivalled expert. Her background in commerce (training, recruitment and retention) before transitioning to education (Learners with Additional Needs) is embedded in academia (Psychology and Multi-Agency practice). This means she can work with you to find realistic and sustainable adaptations to your environment to ensure genuine inclusion.

### What is ADHD?

ADHD is a neurodevelopmental difference that presents both strengths and challenges. It rarely travels alone. It is controversial and misunderstood, which can leave those with it at a disadvantage. In most situations, it should be possible for individuals with ADHD to add significant value and diversity to the workforce. We aim to inform workplaces on how to make small but meaningful adjustments that make it possible for everyone to thrive.

# Our Training

The training structure below is designed to provide an outline. However, please know that Jannine will adapt to your requirements, both in preparation and on the day.

## Training Content Outline

1. **Introduction**
2. **Invisible disabilities:**
  - What are they and who do they impact?
3. **The social and medical models of disability.**
4. **Genuine Inclusion:**
  - Check your bias and your practice.
5. **What can every colleague do to promote inclusion?**
6. **Neurodiversity:**
  - What is it and why do we need to know?
7. **The strengths and challenges of a neurodiverse workforce.**
8. **A closer look at ADHD.**
9. **ADHD in the workplace.**
10. **The hidden strengths of ADHD and how to harness them.**



## Cost

**Half day:** £750      **Full Day:** £950

- Where required, travel and accommodation costs may be in addition to the above.
- Training can be delivered in person or online.

## Free Discovery Call

Jannine offers a free discovery call to find out what changes you are looking to achieve through training and discuss any issues that have arisen. She will then be able to adapt what is delivered to meet your specific needs.

**To book your free discovery call, contact [info@adhdwise.uk](mailto:info@adhdwise.uk).**

