

# Understanding ADHD and the Jobs That Suit

ADHD (or Attention deficit hyperactivity disorder) is a condition that affects people's behaviour. The symptoms can be categorised into 2 types:

- inattentiveness (difficulty concentrating and focusing).
- hyperactivity and impulsiveness.

More details on ADHD symptoms can be found [on the NHS website](#).

ADHD can affect people in various different ways, some that can leave many feeling held back. However, there are many professional qualities that can compliment the 'typical' working styles of an individual with ADHD.



**Creative  
thought**



**Risk-Taker**



**Passionate**



**Clearly  
Structured**



**Fast-paced**

**Here are some example sectors where this can apply to:**



**Education**



**Art & Design**



**Catering**



**I.T.**



**Health**



**Business**

**Visit these websites for more detailed information:**