

NEURODIVERSITY PROFILE



Name:

My role:

My neurodiversity:

What my neurodiversity is:

My strengths:

My challenges:

How my strengths benefit my work:

How these challenges impact my work:

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Strategies I've used to overcome these challenges:

Reasonable adjustments that could help me:

My preferred working style:

Best way to communicate:

When I work best:

How I organise myself:

**How to give me
instructions/feedback:**

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How these adjustments could benefit me and my work:

Other things I would like you to know:

My preferences for disclosing to others (who, when and how):

The team:

HR:

Customers/clients:

Leadership: