



# From Scattered to Structured

## *Productivity Strategies for Supporting Neurodivergent Attorneys*



Attorneys with ADHD and other executive function challenges often face unique hurdles when it comes to organization, time management, and task prioritization. In a busy legal environment, both attorneys and their support staff play a critical role in building systems that help manage these challenges effectively, and sometimes traditional productivity tools may not align with how neurodivergent minds work best.

This session is designed for attorneys, legal assistants, paralegals, and other legal professionals who want to better understand and support neurodivergent work styles. Attendees will learn how to identify common executive function challenges and implement strategies that improve focus, communication, and workflow design. By fostering collaboration and adapting systems to individual strengths, firms can create a more inclusive environment that boosts both individual performance and team productivity.

Whether you're navigating ADHD yourself or working closely with someone who is, this session offers practical tools and insights to enhance your practice and support lasting success.

### **Takeaways:**

After the presentation, you and the other participants will:

- Recognize challenges in the legal industry and legal workflows that affect ADHD brains.
- Explore productivity methods that can be applied today for neurodivergent thinking types.
- Design flexible and effective systems leveraging individual strengths.
- Discover opportunities to foster collaboration between attorneys and support staff.
- Support cognitive diversity through practical workplace tools.

**Presentation Topic Overview:** Supporting attorneys and other legal professionals who are living with ADHD or Executive Dysfunction.

**Best for:** Attorneys living with ADHD or other Executive Dysfunction and/or their support team.

**Recommended Length:** 60 Minutes to 120 Minutes

Contact Firm Focus for more information, including scheduling and pricing.

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