



# ABIGAIL WURF



## **Working and ADHD: Managing Your Boss, Co-workers and Work to Be Done**

Presented by Abigail Wurf, M.Ed, PCC

Saturday, November 10, 2018, 4:15pm – 5:30pm at the 2018 Annual International Conference on ADHD

This session covers managing your boss, helping your boss manage you, dealing with co-workers and getting your work done. Those affected by ADHD struggle in these areas of work all the time. Often they don't know how to be proactive and make the job a successful experience for them and their employer.

- Part one will cover how to manage your boss so that the relationship is a productive and positive.
- Part two will discuss how to gently guide your boss into ways of working with you that will increase your productivity and not decrease your motivation.
- Part three will be about interacting with co-workers so that they support you and you support them, fostering a relationship of equality.
- Part four focuses on getting your work done while recognizing what you can control and what you cannot control.

The goal is to help those affected by ADHD gain a better perspective on their work situation by understanding not just their point of view but also the point of views of their superiors and co-workers. With that enhanced perspective, participants will learn how to interact more productively with everyone on the job while smoothing out those things that can turn into trouble areas. The idea is to build “credibility banks” with both your boss and co-workers to stay in good standing.

Probably the most crucial aspect is how to get the work done in a timely manner. All four components must be working together to achieve success in the workplace, an area of struggle for those affected by ADHD.

## **About Abigail**

Abigail Wurf, M.Ed, PCC is a coach, author and speaker based in Washington DC. As a coach she is focused on performance and productivity for entrepreneurs and professionals affected by ADHD. Abigail also helps college and graduate students to complete their degrees in a timely fashion. A Professional Certified Coach through the International Coach Federation, she was diagnosed with ADHD in 1999. She became a coach 2007 and began specializing in ADHD coaching in 2010.

She is author of “Forget Perfect: How to Succeed in Your Profession and Personal Life Even if You Have ADHD” and the host of “Survive and Thrive: Managing Life with Adult ADHD,” a weekly podcast. The podcast can be found at <http://abigailwurf.com/podcast-episodes/>. In addition, she publishes a well-regarded weekly newsletter that you can subscribe to at <http://abigailwurf.com/about-abigail/>.

Abigail has presented at CHADD, ADDA and ACO conferences. She also has led discussion groups on topics assigned by organizers of various conferences.

Her focus is on helping her clients with their executive function skills including planning, prioritizing, organizing, time management, goal setting, task initiation, self-inhibition, focus, working memory, emotional regulation, meta-cognition and flexibility/shift.

Abigail’s website is [www.abigailwurf.com](http://www.abigailwurf.com) and she can be reached through her website or [abigail@abigailwurf.com](mailto:abigail@abigailwurf.com), 202-674-1025.