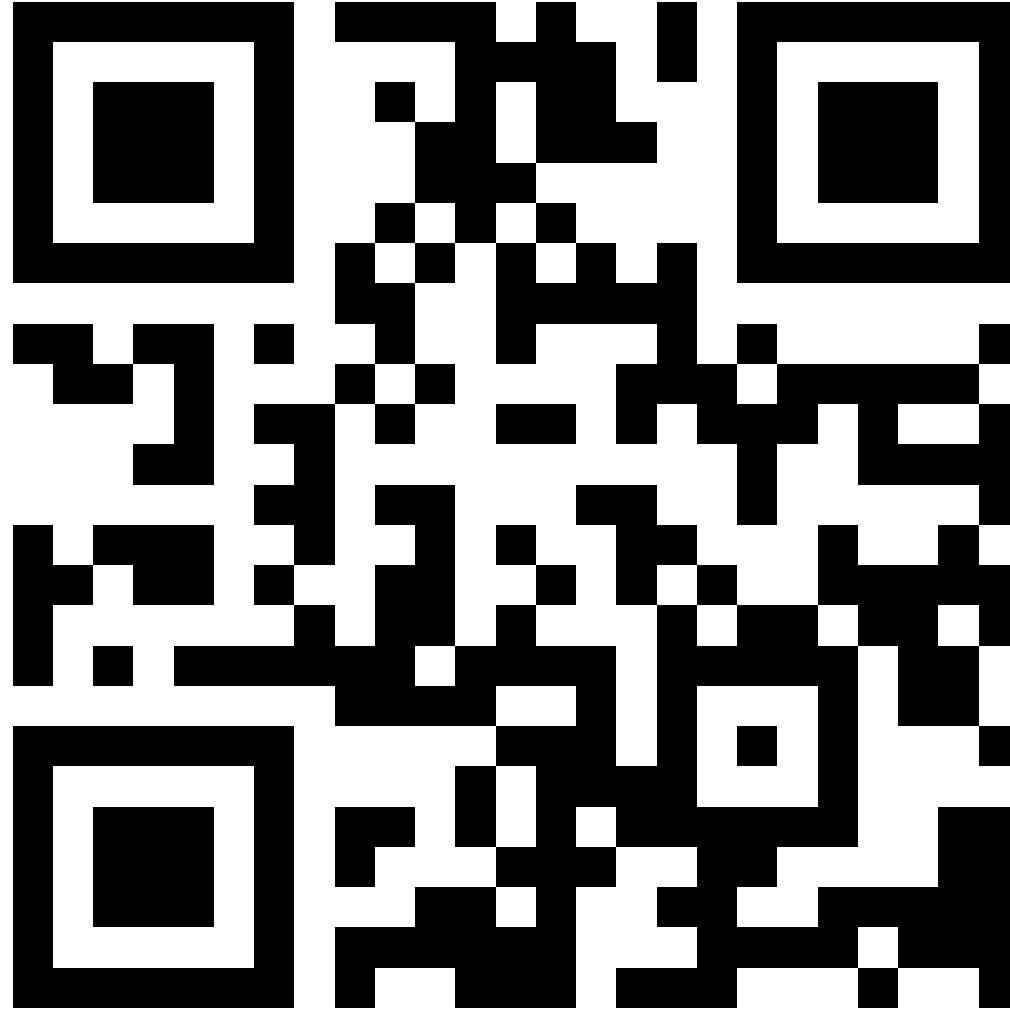


# Session Feedback



sqlbits  
\*\*\*2024\*\*\*



THRIVING WITH

ADHD IN TECH



## Reid Havens

- Founder | BI Evangelist | Consultant
- Microsoft MVP
- PBI User Group Co-Organizer – Redmond, WA
- Nickname: “The Viz Wiz”
- Specializes in teaching, consulting, and design

<https://www.havensconsulting.net>

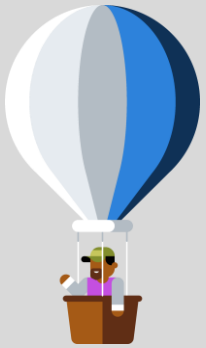
[reid@havensconsulting.net](mailto:reid@havensconsulting.net)





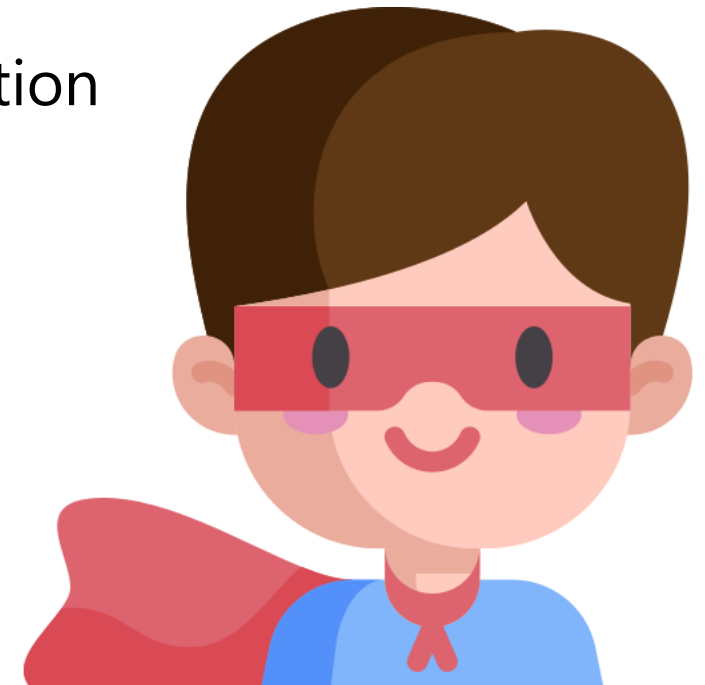
# Thriving With ADHD in Tech

## Unlocking Your Superpowers



### • **Topics**

- What is ADHD Exactly?
- Imposter Syndrome
- Following Morning Routines
- Managing Focus & Distractions
- Maintaining Energy & Preventing Burnout
- Staying Productive & Prioritizing
- Task, Calendar, & Schedule Management
- Defining Work/Office Hours
- Communication
- Taking Notes / Reflection
- Software Summary



# What IS ADHD Exactly...?

Doing everything...while accomplishing nothing



- AD (Attention Deficit) - Having focus that constantly shifts
- H (Hyper activity) – Excessive energy, impulsiveness, spontaneity, restlessness
  - Some don't have the H, some just have ADD
- D (Disorder)...Or super power???
- FUN FACT! I also have OCPD
  - Basically it's OCD without intrusive thoughts



# What IS ADHD Exactly...?

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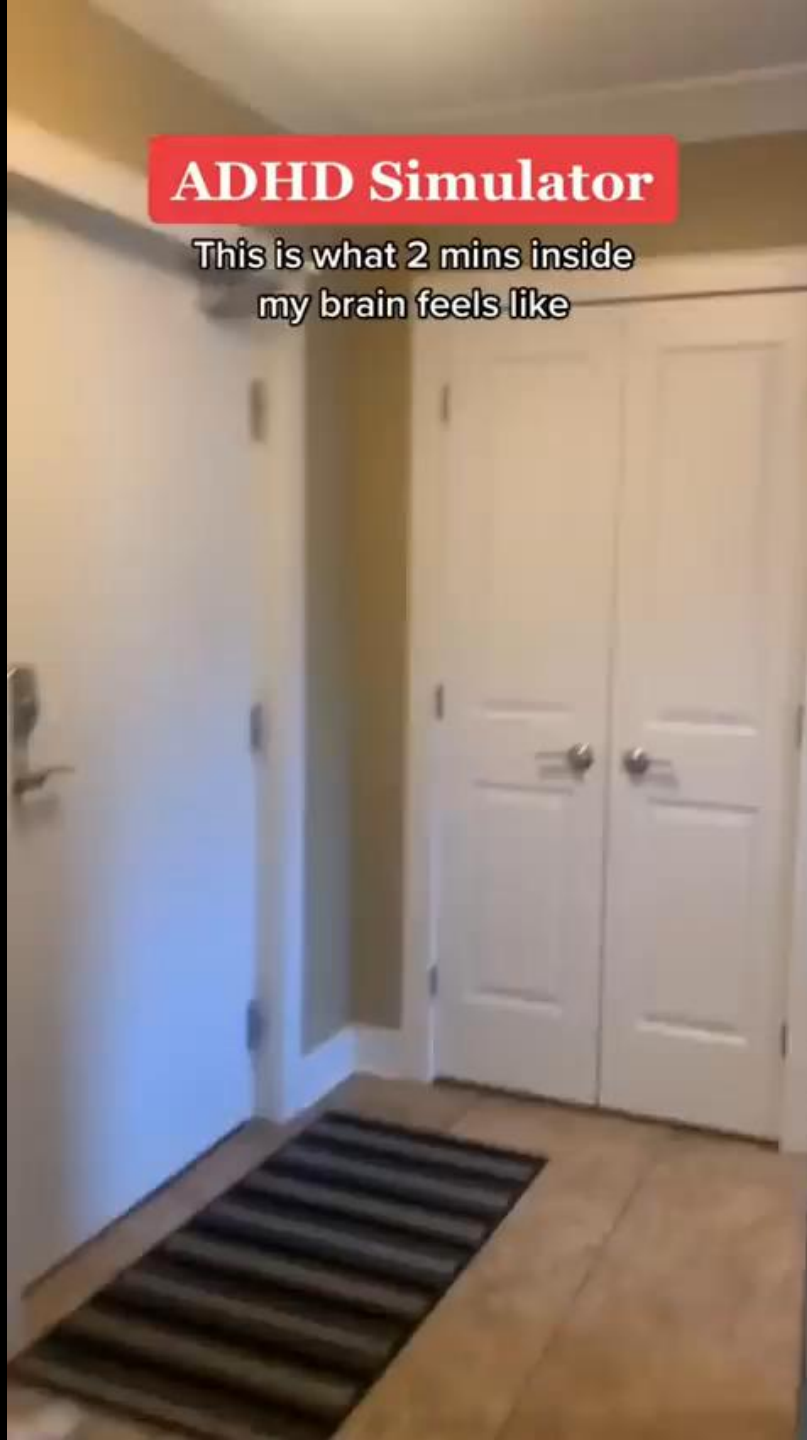


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## ADHD Simulator

This is what 2 mins inside  
my brain feels like

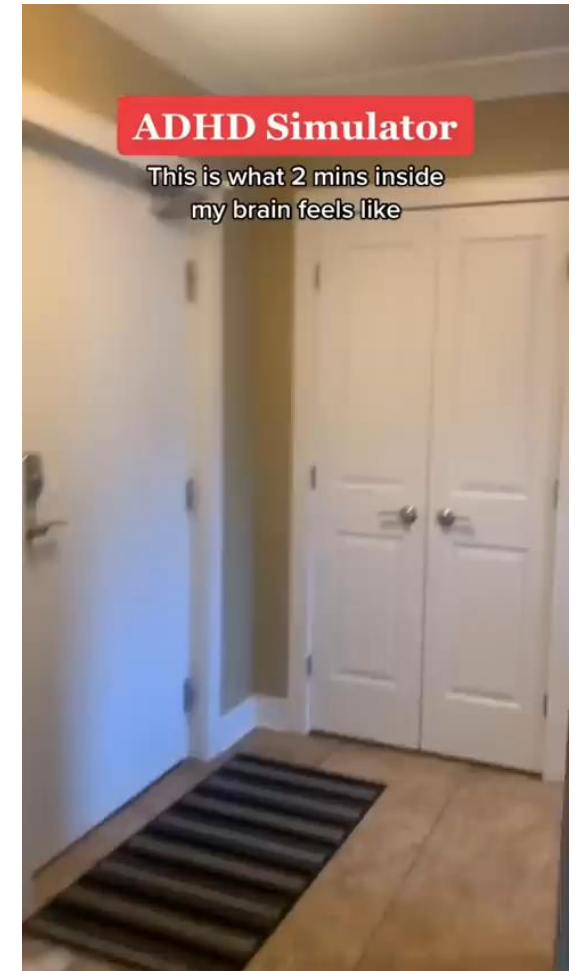


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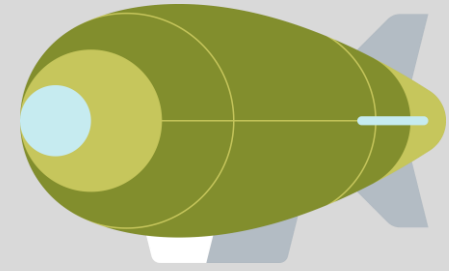
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- D (Disorder)...Or super power???
- FUN FACT! I also have OCPD
  - Basically it's OCD without intrusive thoughts
- We often hold multiple trains of thought in our heads at the same time





# Imposter Syndrome

Fake it until you make it



- Every MVP has felt this...I still do!
  - People are more similar than different
- It takes courage to do something you're nervous or anxious about
- It never goes away...and that's a **GOOD THING!**
  - It can motivate you to work harder



# Following Morning Routines

Eat, Sleep, Routine, Repeat




- Have a consistent morning routine
- Give yourself enough time before your first scheduled meeting/task
- Use 'work' clothes to create a mindset
- New Habits
  - Create rewards for maintaining them
  - Leverage reminders to remember them



# Managing Focus & Distractions

Squirrel? Squirrel!



- Organize your physical space
- Become a drink goblin! 
- Remove or reduce distractions
  - Configure phone and computer notifications
- Listen to the 'right' type of music
- Fidget devices can channel energy



# Maintaining Energy / Preventing Burnout



Just one cup of coffee per day...I swear!

- 30 / 30 / 30 rule 🧘
- Taking physical and mental breaks
  - Having moments of zen
- Don't skip meals!
  - Eat healthy and smaller meals
  - Take a lunch!
- Prioritize sleep habits
- Physical exercise is my 'thinking cap'
- Consider standing desk and/or ergonomic chairs



# Staying Productive & Prioritizing

100% completion speed run, let's go



- Avoiding hyper focus and getting 'lost'
- Leveraging the Eisenhower Matrix

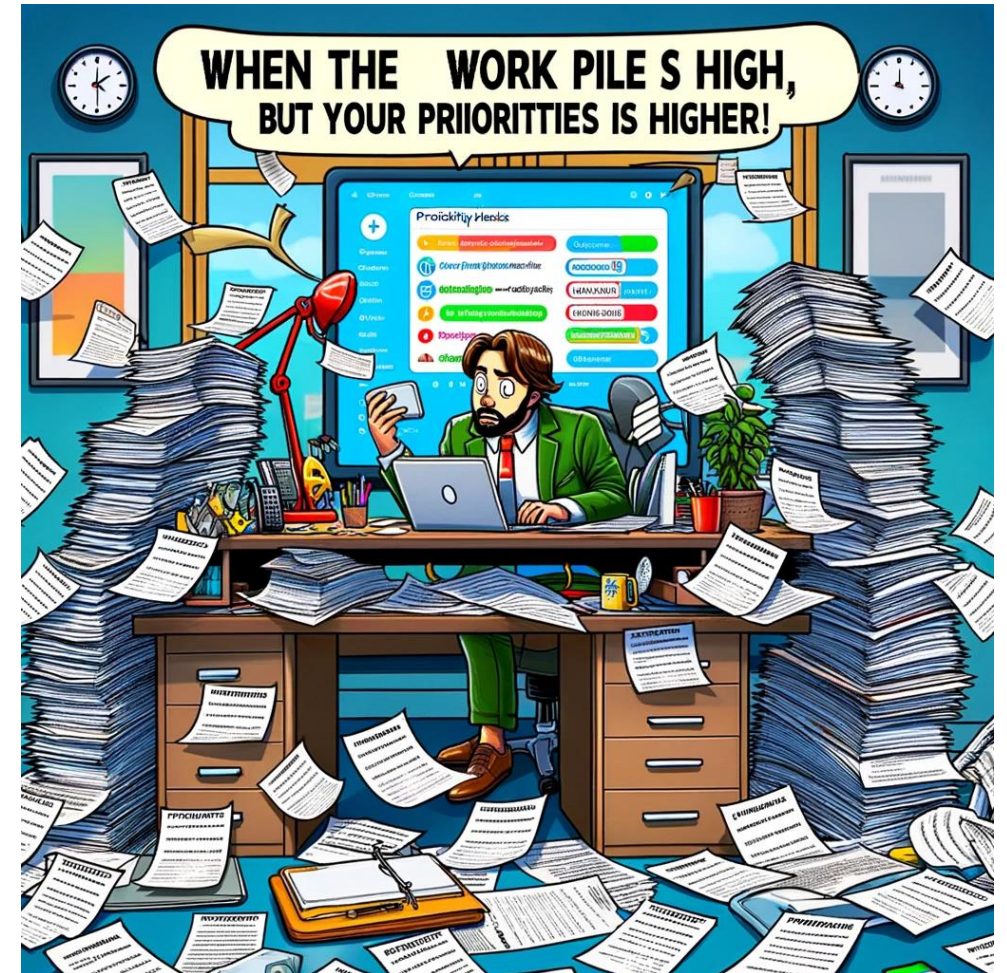


# Staying Productive & Prioritizing

100% completion speed run, let's go



- Avoiding hyper focus and getting 'lost'
  - Leveraging the Eisenhower Matrix
- Pomodoro technique
  - Work in timed intervals with short breaks
- Be flexible and adaptive
  - Adjust to changes in requirements, schedule, work 'issues', etc.
- Don't rush things just to 'complete' something



# Task, Calendar, & Schedule Management

Always write s@#! down



- Write. Everything. Down
  - Leverage task tracking software with robust reminders
- Inbox & notification zero policy
- Leverage meeting scheduling software
- Reserve (ME) time each day
- Organize your upcoming week



# Task, Calendar, & Schedule Management



Always write s@#! down

- Write. Everything. Down
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- Leverage meeting scheduling software
- Reserve (ME) time each day
- Organize your upcoming week
- Jackson Pollock your calendar





# Defining Office / Work Hours

Set status to always 'away'...



- Set boundaries and hours for BOTH yourself, and your co-workers/clients
  - Maintain clear reply hours to work notifications
- Establish clear stopping points each day
  - Hard when working from home!
- The Eisenhower Matrix is key to healthy work/life balance
  - Weekends should not regularly be catch up days



# Communication

Sorry...what were you saying?



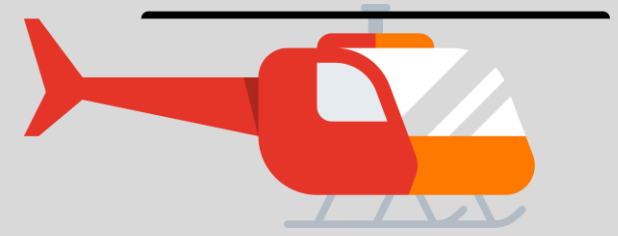
Communicate clearly! Which involves:

- Maintaining active listening
  - Don't be 'waiting to speak'
- Avoiding interpersonal gaps
- Paraphrasing what you hear
  - This avoids interpersonal gaps!
- Be attentive to communication barriers
  - Tech lingo, jargon, language barriers, etc.
- Requirements change **ALL. THE. TIME.**
  - and this is ok...mostly



# Presenting to an Audience

...I totally know what I'm talking about...



- Have a back up...of your backup
  - Murphy is a real jerk
- Breathe...everyone makes mistakes 😊
- **More is more** for material!
- Always repeat audience questions
- Move/walk around the room
- You don't have to know EVERYTHING
  - Because you are not omnipotent
- Silence is truly **golden**

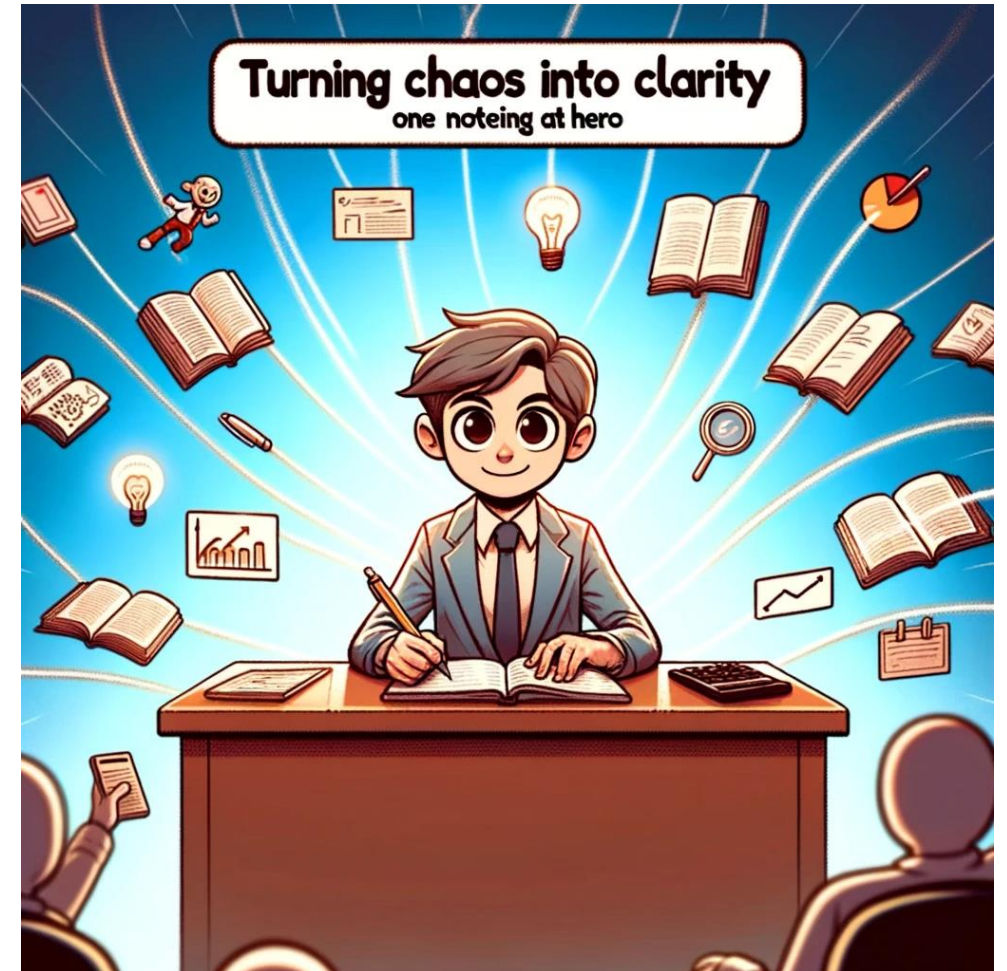


# Taking Notes / Reflection

Looking back helps to think ahead



- First off...I hate taking notes.
  - But I SHOULD take notes
  - Because we are humans, not elephants
- Notes help you commit to memory, reflect, and summarize

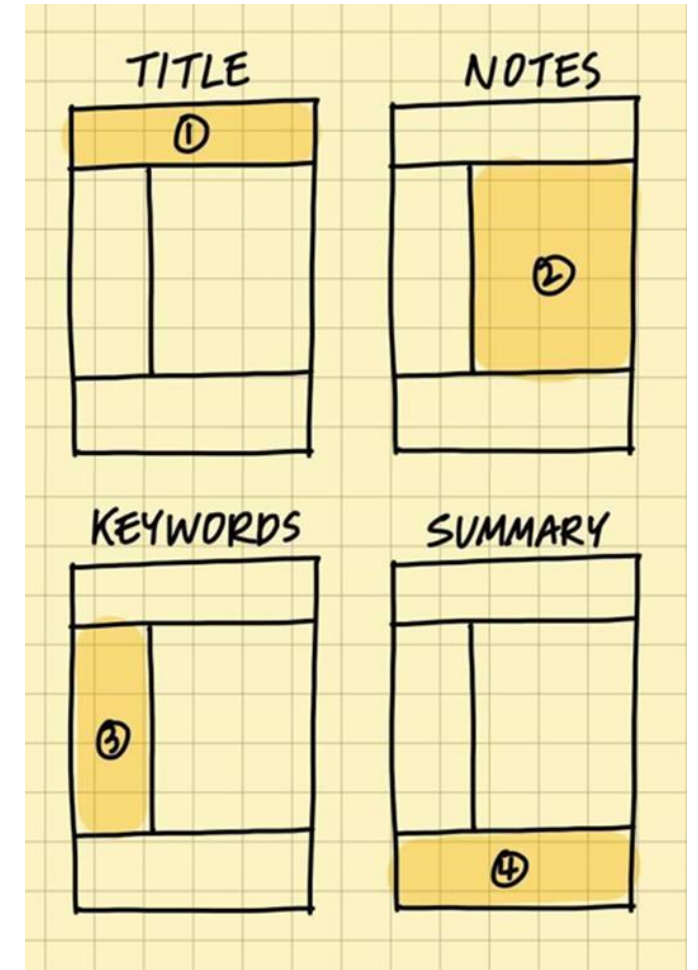


# Taking Notes / Reflection

Looking back helps to think ahead



- First off...I hate taking notes.
  - But I SHOULD take notes
  - We are humans, not elephants
- Notes help you commit to memory, reflect, and summarize
  - Use the Cornell Note Taking System
- Handwritten > Digital
- Diagrams, infographics, and flowcharts...oh my!
- Leverage AI note-taking software
- For content creators...write down EVERY IDEA



# Software Summary



- Planning (Trello, Asana, Planner)
- Note Taking (OneNote, Evernote)
- Reminders / Tasks (iOS Reminders, Microsoft To Do)
- Chat GPT / Copilot (Writing and idea assistant)
- Other Helpful Tools
  - Krisp Audio (Noise Cancellation / AI Notes)
  - PowerToys
  - Region to Share
  - ZoomIt





## Presentation PDF

- <http://www.havensconsulting.net/speaking-events>



## Consulting Services / Training

- <http://www.havensconsulting.net/consulting-services>



## Online Course: Designing Impactful Reports in Power BI

- <https://www.havensconsulting.net/online-courses>



## Files & Templates

- <http://www.havensconsulting.net/files-and-templates>



## YouTube Channel

- <https://www.youtube.com/c/HavensConsulting>



## LinkedIn Page

- <https://www.linkedin.com/in/reidhavens>

# Company Website





# Blog Signup Raffle



<https://www.havensconsulting.net/raffle-signup>

# Session Feedback





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