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020 3389 7251 | [www.adhduk.co.uk](http://www.adhduk.co.uk) | Charity Number: 1188365

## EMPLOYER SUPPORT AND PRICE LIST

We are enthusiastic in helping you support your staff regarding ADHD. We do offer a number of free services that your staff can access. We also offer tailored private services that you may want to consider.

If you are interested in learning more about our corporate work please arrange a zoom call with our Chairperson via [adhduk.co.uk/employer-support/](http://adhduk.co.uk/employer-support/)

### ADHD INTRODUCTION

<p><b>Bespoke Speech and Q&amp;A on ADHD for your employees</b></p> <p>Conducted by the Chairperson and co-founder of ADHD UK this speech is bespoke to your organisation and focuses on areas of ADHD and data particularly relevant to your organisation:</p> <ul style="list-style-type: none"> <li>• An initial meeting discussing your requirements.</li> <li>• Preparation of a bespoke presentation for you. This is then sent to you for feedback and sign off.</li> <li>• A pre-speech meeting walkthrough</li> <li>• A speech and Q&amp;A upto 2 hours in total.</li> <li>• All delivered remotely, making it easy and convenient for staff to attend.</li> </ul> <p>You can book a <a href="#">discovery call here</a> or at <a href="http://adhduk.co.uk/employer-support/">adhduk.co.uk/employer-support/</a></p>	<p><b>£495</b></p>
<p><b>Ready-made Presentation and Q&amp;A introducing ADHD for employees</b></p> <p>Conducted by the Chairperson and co-founder of ADHD UK this presentation introduces ADHD to your employees, describes the condition in a welcoming way, and talk through the challenges and strengths of people with ADHD. The speech is 45 minutes long with 15 minutes for questions. Delivered remotely so staff can participate easily.</p> <p><a href="#">You can book a ready-made presentation directly here</a> or at <a href="http://adhduk.co.uk/employer-support/">adhduk.co.uk/employer-support/</a></p>	<p><b>£85 per 60 minutes</b></p>

## ADHD TRAINING

### Management Training (up to 20 people per session)

Education on ADHD at work for HR staff and line managers. It covers an introduction to ADHD from the perspective of an employer, the challenges and successes of, introducing the management tool that is our ADHD at work welfare pack, how to have a successful conversation about ADHD with an employee, and finally adjustments that help. This is open format learning where questions can be taken throughout with an additional Q&A section at the end. The cost includes:

- An initial meeting discussing your requirements.
- Preparation of a tailored presentation for you. This is then sent to you for feedback and sign off.
- A pre-speech meeting walkthrough
- A speech and Q&A up to 2 hours altogether
- All delivered remotely, making it easy for staff to participate.

[To talk about coaching arrange a discovery call here.](#)  
or at [adhduk.co.uk/employer-support/](http://adhduk.co.uk/employer-support/)

**£495**  
per session  
(up to 20 attendees)

## INDIVIDUAL SUPPORT: EMPLOYEE AND LINE MANAGER SUPPORT

<p><b>Individual Employee personal support and Line Manager personal support via private virtual meeting</b></p> <p>Talking about all aspects of employment in a private and confidential zoom call. Talking about the use of the ADHD at work welfare pack. Discussing strengths and challenges of ADHD. We try to make accessing it easy so they can be scheduled and paid for via credit card on the link following. Organisations can also buy blocks for their staff.</p> <p><a href="#">You can book a session directly here.</a> or at <a href="http://adhduk.co.uk/employer-support/">adhduk.co.uk/employer-support/</a></p>	<p><b>£85</b></p>
<p><b>Individual &amp; Private Employee ADHD Coaching – Blocks</b></p> <p>ADHD UK’s qualified and vetted ADHD Coaches working directly with individuals, via Zoom to work through their challenges and develop long lasting strategies for success. The coaching process works best over a period of time we therefore recommend at least 8 sessions.</p> <p><a href="#">To talk about coaching arrange a discovery call here.</a> or at <a href="http://adhduk.co.uk/employer-support/">adhduk.co.uk/employer-support/</a></p>	<p><b>£640 per block of 8 one hour sessions</b></p>
<p><b>Managed monthly support groups</b></p> <p>A counsellor or ADHD Coach led confidential support group managed for your organisation. Creating a positive place for staff with ADHD to discuss their challenges and support each other. A forum of mutual support. Sessions are 1.5 hours long and held virtually. In person groups can be facilitated but will require travel time.</p> <p><a href="#">You can book a discovery call here</a> or at <a href="http://adhduk.co.uk/employer-support/">adhduk.co.uk/employer-support/</a></p>	<p><b>£125 per month</b></p>

## FREE SERVICES

If you don't have a budget for the above we also offer the following free services. We receive no government funding so please consider any [donation](#) you can make to the charity.

<p><b>Pre-recorded video speech on ADHD</b></p> <p>We have a variety of pre-recorded informational videos on ADHD that you are welcome to use without license.</p> <p>These can be found on our here: <a href="https://adhduk.co.uk/videos/">adhduk.co.uk/videos/</a></p>	<p><b>FREE</b></p>
<p><b>Employee support &amp; Line Manager support via drop in advice clinic</b></p> <p>Talking about all aspects of employment and ADHD. Talking about the use of the ADHD at work welfare pack. Discussing strengths and challenges of ADHD. Strategies and tools for individual circumstances. Regularly scheduled with questions done on a first come first served basis. Has the additional benefit of listening to other people's challenges and learning from those.</p> <p><a href="https://adhduk.co.uk/drop-in-clinics/">Calendar here: adhduk.co.uk/drop-in-clinics/</a></p>	<p><b>FREE</b></p>
<p><b>Employee ADHD Coaching – Drop in sessions</b></p> <p>A broader discussion of ADHD and its impacts. The charity operates drop in sessions once or twice a week. These open forums benefit from learning from others.</p> <p><a href="https://adhduk.co.uk/support/">Calendar here: adhduk.co.uk/support/</a></p>	<p><b>FREE</b></p>