

Strengths and Positive Attributes associated with Neurodiversity (*note there are many overlaps between neurotypes)

Autism Spectrum Disorder (ASD)

1. Strong Attention to Detail

- Individuals with ASD often excel at noticing details that others might miss, making them adept at analysing complex systems or spotting errors.

2. Exceptional Focus

- Hyperfocus on areas of interest can lead to deep expertise in specific fields.

3. Innovative Thinking

- Atypical ways of processing information often result in unique problem-solving approaches and creative ideas.

4. Honesty and Integrity

- A tendency to be straightforward and honest, often valuing fairness and adherence to rules.

5. High Levels of Knowledge

- Intense focus on particular subjects often results in a deep well of expertise, especially in STEM, arts, and technical fields.

6. Systematic Thinking

- An ability to understand and create highly structured systems and patterns, useful in fields like engineering, programming, and design.

Attention Deficit Hyperactivity Disorder (ADHD)

1. High Energy and Enthusiasm

- A zest for life and natural enthusiasm can inspire and motivate others.

2. Creativity and Out-of-the-Box Thinking

- ADHD brains often excel at generating novel ideas and thinking unconventionally.

3. Hyperfocus

- When engaged in something highly interesting, individuals with ADHD can display intense concentration and productivity.

4. Spontaneity and Adaptability

- Being flexible and able to adapt quickly to new situations or changes in plans.

5. Resilience

- Overcoming challenges associated with ADHD often leads to higher resilience and grit.

6. Strong Interpersonal Skills

- Many individuals with ADHD possess natural charisma and the ability to connect well with others.
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Dyslexia

1. Strong Spatial Reasoning

- Dyslexic individuals often excel at visualizing spatial relationships, making them talented in fields like architecture, engineering, and design.

2. Big-Picture Thinking

- A tendency to think holistically and see connections that others might not.

3. Problem-Solving Skills

- Creative approaches to challenges and the ability to think in innovative ways.

4. Storytelling and Verbal Creativity

- Many dyslexic individuals excel in oral communication and storytelling.

5. Entrepreneurial Mindset

- Dyslexic people are often overrepresented in entrepreneurship due to their innovative thinking and resilience.

6. Empathy and Emotional Intelligence

- A deep understanding of others' emotions and perspectives.
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Dyspraxia

1. Creative Thinking

- Dyspraxic individuals often bring originality and creative problem-solving to the table.

2. Determination and Perseverance

- Overcoming challenges in motor coordination fosters resilience and strong work ethics.

3. Empathy and Intuition

- Often highly empathetic and emotionally intuitive.

4. Strong Verbal Skills

- Many dyspraxic individuals excel in verbal communication and language-related tasks.
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Other Neurodivergent Conditions

Dyscalculia

1. Creative Thinking in Non-Numerical Fields

- Strong creative abilities in art, storytelling, and design.

2. Innovative Problem-Solving

- Unique approaches to overcoming challenges outside of mathematics.

Tourette Syndrome

1. Quick Thinking and Wit

- Often associated with a sharp sense of humour and creativity.

2. Heightened Sensitivity

- Increased awareness of others' emotions and surroundings.

Highly Sensitive Person (HSP)

1. Emotional Depth and Insight

- A strong ability to process and understand complex emotions.

2. Creativity and Empathy

- Often excel in the arts and in helping professions.
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General Strengths Across Neurodivergent Conditions

- **Innovation:** Thinking differently often leads to groundbreaking ideas and solutions.
- **Resilience:** Overcoming societal barriers fosters strength and determination.
- **Empathy:** Many neurodivergent individuals excel in understanding and supporting others.
- **Adaptability:** Navigating challenges leads to flexibility in problem-solving.
- **Passion-Driven Work:** When aligned with their interests, neurodivergent individuals often demonstrate unparalleled dedication and enthusiasm.