**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.

**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.

**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.

**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.

**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.