

CATHY RASHIDIAN

Speaker & Coach - Specializing in ADHD in the workplace



Transforming ADHD Perspectives at Work: Ignite Positive Change for a More Engaged Team.

Harness the potential of neurodiverse employees, fostering improved communication, increased engagement, and a more inclusive work environment.

Cathy Rashidian



WORKSHOP TOPIC

**Transforming ADHD
Perspectives at Work:**

**Ignite Positive Change for a
More Engaged Team**

60-minute talk that equips organizations with actionable insights to harness the potential of ADHD and neurodiversity in the workplace.

Gain a deeper understanding of ADHD, learn practical strategies for supporting employees with ADHD, and explore how promoting a neurodiverse work environment can enhance communication, collaboration, and engagement.

This informative and engaging talk empowers attendees to make tangible changes that drive success in their organizations.

ADDA Webinar Series



Navigating difficult relationships in the workplace
with Cathy Rashidian
January 11, 2023
7:30pm ET/ 4:30 PT
www.adda.org

Start • Connect • Grow • Serve

supporting professionals with ADHD
presented by: Cathy Rashidian



Sept 27
11:15 AM - 12:15 PM, MT
Virtual

cphrab.ca/engage22
CPHR Alberta Annual Conference



ADHD EdCamp 2020 HOME

Oct 3, 2020
10 am - 3:30 pm ET
on Zoom

Presented By:



KEY TAKEAWAYS

- Understand the strengths and challenges of ADHD in the workplace
- Implement practical strategies for supporting employees with ADHD
- Create a neurodiverse work environment that enhances communication, collaboration, and engagement

ABOUT CATHY

Cathy is a certified executive coach with a specialization in ADHD, offering a unique blend of over 20 years of corporate leadership experience and personal understanding of living with ADHD. She is dedicated to helping individuals with ADHD reach their full potential and lead more fulfilling lives. Highly qualified, Cathy holds PCC credentials from the International Coach Federation (ICF) and is credentialed through The Professional Association for ADHD Coaches (PAAC).

“Cathy's insights were invaluable, and her engaging presentation style made the talk both informative and enjoyable. Highly recommended!” -
David L., CEO