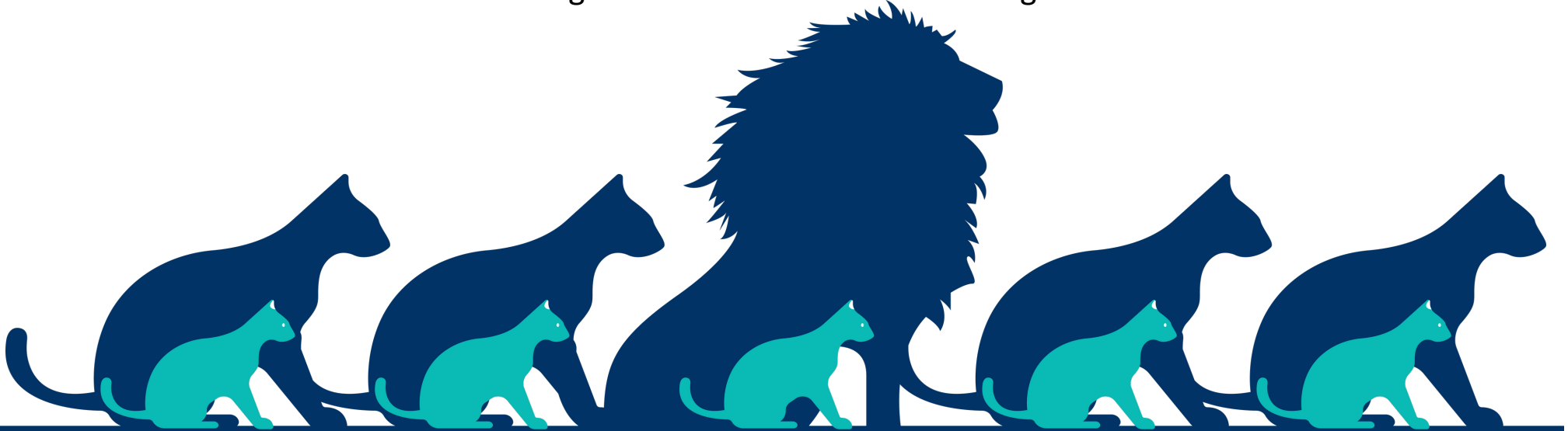


Maximising Productivity for ADHD

Strengths Based & AI Powered Strategies



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■ What are the **Processing Modalities**?

Processing modalities refer to the ways each individual **absorbs, processes, and retains** information. These modalities are not just about traditional learning; they influence how you understand, interpret, and use information in various contexts.

Think of it like **speaking different languages**. If you're speaking in your language but the person in front of you doesn't understand it, communication breaks down.

Similarly, if you're not using your dominant processing modality, you may struggle to understand and retain information. Identifying and adapting to your processing modality ensures that you “speak” in a way that makes the most sense to you.



What are the **Processing Modalities**?



Auditory Processing

What it means: This modality involves processing information through listening.

Signs you might relate to :

You prefer spoken information. In meetings, you don't take notes to avoid distraction; instead, you connect ideas by listening. You remember spoken information and ask questions to understand different viewpoints.

How to apply it:

Focus on listening during discussions. Ask questions to deepen understanding. Use voice recordings and audio materials to reinforce learning.



Visual Processing

What it means: Visual processors prefer information presented in charts, diagrams, or videos.

Signs you might relate to :

You understand and retain information better when you can see it. You prefer reading or looking at charts over listening to a lecture.

How to apply it:

If conversations are purely auditory, Google images, ask for a visual representation, or request written information. A simple "put it in an email" works wonders.

What are the **Processing Modalities**?



Verbal Processing

What it means: This style involves processing information through speaking and writing.

Signs you might relate to :

Explaining things verbally or in writing helps you organise your thoughts and remember information.

How to apply it:

Ask questions during meetings and discussions. Summarise concepts in your own words and explain them to others to solidify your understanding.



Kinesthetic Processing

What it means: This modality involves learning through action and movement.

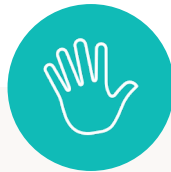
Signs you might relate to :

You grasp information better when you can move, like walking while on the phone or fidgeting during meetings.

How to apply it:

Incorporate movement into your routine. Use fidgeting toys or doodle during meetings to maintain focus. Go for a walk with headphones during calls to help concentrate better.

What are the **Processing Modalities**?



Tactile Processing

What it means: Tactile learners prefer using touch to explore and understand new information.

Signs you might relate to :

You understand better when you can manipulate objects, like building models or using tools.

How to apply it:

Use hands-on materials whenever possible. If you can't build it, try drawing it. Engage with physical items or create something tangible to help you process information.



Conceptual Processing

What it means: Understanding the big picture and relationships between ideas.

Signs you might relate to :

You prefer seeing how concepts connect and grasp the overall context.

How to apply it:

Create diagrams or mind maps to visualise relationships. Use assistive technology to connect ideas. Always consider how new information fits into the broader context and relate it to what you already know.

What are the **Processing Modalities**?



Emotional Processing

What it means: Learning through emotional connections.

Signs you might relate to :

You remember information better when it resonates with you emotionally.

How to apply it:

Connect new information to personal experiences or find elements that evoke an emotional response. Use storytelling to make the content relatable. This approach is also powerful in marketing, helping you connect deeply with your audience.



Intuitive Processing

What it means: This modality relies on instincts and gut feelings rather than step-by-step analysis.

Signs you might relate to :

You often just “know” or understand things instinctively.

How to apply it:

Trust your instincts and use them to guide your learning. Allow your intuition to help you navigate through information and make decisions confidently.