



Green Mountain Human Resources Association

**Thursday, February 27, 2025
9:00 am to 10:00 am**



ADHD in the Workplace

WEBINAR INFORMATION

Date: Thursday, February 27, 2025
Speakers: Debbie Tracht, MA, ACAC
Place: via Zoom
Time: 9:00 am – 10:00 am
Topic: ADHD in the Workplace

MEETING AGENDA

9:00 – 9:05 am Meet and Greet
9:05 – 10:00 am Presentation

TOPIC INFORMATION

This presentation will begin with an overview of ADHD, including common traits, challenges, and strengths. I will then focus on how ADHD can manifest in the workplace and what accommodations can be made to support those with ADHD in their jobs. My goal is to help you understand that those with ADHD are often very bright, creative people who may have challenges such as managing time, overwhelm, and procrastination but when provided with appropriate support, they can not only function but excel as brilliant team members, leaders and thinkers.

LEARNING OBJECTIVES

- What is ADHD?
- Common challenges and strengths
- Common challenges impacting job function
- Supports and Accommodations that remove obstacles for success



Debbie Tracht is a certified ADHD/executive function coach and consultant, practicing for 15 years in Middlebury, Vermont. She specializes in working with adults of college age and beyond. For the past decade, she has led local support groups for adults with ADHD and currently co-facilitates an online support group for women with ADHD sponsored by CHADD of Baltimore. In addition, Tracht provides training and resources to mental health professionals and educators in her community.