

# Together-ADHD**Do**TECH

## A mentoring program for those who dream of making an impact in the high-tech world

### Join our mentoring program: Create change in the high-tech world!

#### Who We Are

ADHD**Do**TECH is a groundbreaking social initiative (non-profit organization) aimed at helping individuals with ADHD succeed in high-tech careers. We are a volunteer team of professionals from the high-tech field and experts in ADHD, dedicated to assisting adults with ADHD in developing successful careers in the industry. We believe that ADHD is also a superpower, and in order to maximize it, proper guidance is essential.

#### The Challenge

People with ADHD often face challenges such as procrastination, poor time management, and low self-esteem. However, they also possess strengths such as creativity, quick thinking, and the ability to inspire and lead.

#### The Mentoring Program

Our program lasts for 12 weeks and consists of approximately 10 one-hour sessions, held virtually or in person. The sessions are designed to help mentees overcome the challenges of ADHD and maximize their personal abilities.

#### Our Mentors

Our mentors are high-tech professionals who manage their ADHD challenges and thrive by leveraging their strengths. Sharing the same challenges and culture as the mentees, the mentor community ensures a connected and unique experience. Each mentor has proven that ADHD is an advantage, not a disadvantage.

#### Program Effectiveness

The program manager and her team oversee the process from registration to matching mentees with mentors and providing feedback. Effectiveness is measured with pre- and post-questionnaires to ensure mentees reach their goals. Over 30 mentees have completed the program, improving their ADHD management by an average of 28% with their mentor's support.

#### What Mentors Will Gain:

- **Inspiration:** An opportunity to inspire individuals with ADHD who are just starting their journey in overcoming challenges in high-tech, and to show them success stories (like yours!).
- **Training and Resources:** You will receive comprehensive training in mentoring techniques, ADHD-related resources, enrichment workshops, and close support from the program managers.
- **Mentee (Mentee) Ready to Learn and Grow:** Each mentee undergoes a rigorous screening process and pays a commitment fee (donation to the organization) to ensure their commitment to the process and meetings with the mentor.
- **Impact on the Community:** Be part of this unique initiative that empowers individuals with ADHD to succeed in their careers.

**Join us! If you're a People Person who successfully manages ADHD challenges and thrives in high-tech, we want you on our team!**