



Idea

Plan

Effort

Success



Together-ADHDoTECH

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

Unlock your potential with our mentoring program!

Who We Are

ADHDoTECH is a groundbreaking social initiative (non-profit organization), powered entirely by volunteers with ADHD, aimed at helping individuals with ADHD succeed in high-tech careers. We believe that the challenges you face can be turned into assets with the right guidance and professional support.

The Challenge

People with ADHD often face issues such as procrastination, memory difficulties, and emotional regulation challenges. However, they also bring unique advantages like creativity, curiosity, and the ability to work well in teams. It's important to note that 10% of the high-tech population, and about 30% of entrepreneurs overall, are diagnosed with ADHD!

The Mentoring Program

Our program lasts 12 weeks and includes approximately 10 sessions tailored to your challenges and strengths. The sessions are held virtually or in person, depending on your preference.

What You Will Learn

- **Time Management:** Techniques for efficient management of time and tasks.
- **Emotional Regulation:** Strategies for managing emotions and building self-esteem.
- **Communication Skills:** Improving clear and effective expression.
- **Maximizing Strengths:** Focusing on your unique strengths to overcome challenges in the industry.

Why Join?

- **Personal Growth:** Gain practical tools to succeed in your career.
- **Tailored Support:** Receive mentorship from an experienced professional in high-tech who has walked your path and understands the challenges.
- **Community Connection:** Join a supportive network of people facing similar challenges.

Program Effectiveness

We will measure the success of the program using pre- and post-questionnaires to ensure you achieve your goals. To date, over 30 mentees have completed the program, and with the help of their mentors, they have improved their ability to manage ADHD challenges by an average of 28%.

Take the Next Step!

Don't miss the opportunity to unlock your potential and achieve your high-tech career goals. Join our mentoring program and turn your challenges into advantages!

*The program requires participation fees, which serve as a donation to support the ongoing activities of the organization.