

# *The power of ADHD*

*Saturday 15 October 2022*

Leiden University, Impuls & Woortblind, ADHD-Europe and Leiden European City of Science 2022 **welcome You** to actively participate in this day of 'citizens science' in a practical and vivid way. You will learn how to maintain the balance between the advantages and disadvantages of ADHD and use this in your daily life and work.

We all very well know the burden ADHD can be. This day we focus on the possible qualities of ADHD.

At this event we discuss whether ADHD has certain powers that may contribute to society. How about innovation and creativity? Can the positive sides, that many experience, be proven? Does medication help to use these qualities? Can medication frustrate creativity? How can employers' profit from employees with ADHD? What's the best advice to overcome 'self-medication' (drugs)? How to set free their ADHD-strengths to make them flourish?

**Registration will be open from September 1, 2022**

<https://form.jotform.com/222403322292343>



**Questions Europe:** [myriam.bea@adhdeurope.eu](mailto:myriam.bea@adhdeurope.eu)

**Questions Netherlands:** [Hans.van.de.Velde@ADHDeurope.eu](mailto:Hans.van.de.Velde@ADHDeurope.eu)