

CASE STUDY

Challenges with ADHD.

Explore skills & career paths



Client: A creative professional in the TV industry, with undiagnosed ADHD

Focus: To gain confidence and adopt skills for new career-path options and openings in the future. Finding core strengths and values.

Setting: Four coaching sessions

The Challenge

Person C approached coaching during a transitional phase in their career. While they had some success in the TV industry, work opportunities were becoming increasingly limited. They had experienced repeated challenges in administrative roles — areas where their undiagnosed ADHD presented obstacles, leading to reduced confidence and job instability.

At the time of starting coaching, Person C:

- Was newly aware of how ADHD symptoms impacted their working life
- Had no practical ADHD management strategies in place
- Wanted to explore career paths beyond TV while also considering how to stay visible and relevant within the industry

The Approach

We focused on building awareness, creating structure, and identifying sustainable strategies to manage ADHD-related challenges in the workplace.

Together we explored:

- Practical ADHD strategies for day-to-day working life
- Career options that align with their strengths and preferences
- Strategic ways to maintain visibility in the TV industry
- A soft skills self-assessment to support self-awareness and career direction

Outcomes and Impact

As coaching progressed, Person C reported several positive changes:

- Increased clarity around career options better suited to their ADHD profile
- Greater self-confidence in their strengths and value across different industries
- Renewed motivation to explore new paths, particularly those involving teamwork and people-focused roles
- Adoption of new, more strategic methods for maintaining visibility in the TV industry
- A developing sense of direction and optimism about the future

Client Feedback:

“Working with George was an eye opener. I went into these sessions lacking confidence and self-esteem and not knowing what to do for my career. After just four sessions, I have a clearer picture of the direction to go in and where my strengths lie. George’s sessions are chilled out, flexible informative. Even in conversation, he picks stuff up and builds around it. He always has time for you and ensures you are satisfied. You’re also welcome to get in touch with him between sessions to discuss whatever is on your mind.

I’ve always found applying for jobs online difficult as I had no idea what to go for and the ones I did apply for would often be the wrong job for me. I now have specific job titles and roles which suit my needs and interests, and know what the next steps are. I highly recommend George if you’ve been in similar situations.”

If you’re leading through change and need space to think clearly, let’s talk.

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Leading the way to success