



# Navigating ADHD as a Woman:

## 5 Resources for a Better Understanding

Discover Your Strengths and Access Your  
Potential with Personalized Support

Written by  
Alberta Neilson



## Don't Let ADHD be an Obstacle

### Hi There,

Have you ever felt a lingering anxiety or depressive feelings without knowing the root cause? These might be signs of undiagnosed ADHD in women - signs that are often misunderstood and overlooked. It's time to shift old narrow views of the ADHD experience. No matter where you are in life, it's never too late to understand and manage ADHD.

Are you worried that ADHD might be hindering you? I understand your stress, and your experience is unique but not uncommon. Together, we'll explore my top 5 resources that can help you make sense of how it is for you and how you can gain control of your life. From a variety of sources, these tools will help you navigate ADHD and access your true potential.

It might feel daunting, but there truly is help. Let's traverse this path together to a more fulfilling and empowered future.

Warmly,

*Alberta*

# The Misunderstood World of ADHD in Women

1  
Resource



## Why ADHD Looks Different in Women and How to Recognize It

"What does ADHD look like in women? Depressive feelings and chronic anxiety are common signs of undiagnosed ADHD in women – symptoms doctors often misinterpret and misdiagnose."

Many of us face challenges that may be due to symptoms of ADHD, but because of limited understanding of the multitudes of ways ADHD can show up for women, we end up blaming it on other things. Sometimes we even get misdiagnosed and head down a path of treatment that may not work or is irrelevant. There is so much more to the ADHD experience of symptoms that goes beyond not being able to pay attention and sit still. With awareness, understanding, and self-compassion, we can begin to unravel the mystery. [In an eye-opening article from "ADDitude magazine"](#), Dr. Edward Hallowell shines a light on these very issues.



# Empowering Women Through Literature: Books by Sari Solden

2  
Resource

## Guiding Women on the ADHD Journey with Wisdom and Affirmation

Sari Solden is a beacon of knowledge and wisdom in the realm of ADHD in women. For over 25 years, her works, including 'Women with Attention Deficit Disorder,' have remained relevant and resonated with women of all ages.

If you're seeking affirmation or understanding, or think you might have ADHD, these resources are here for you, even now available in audiobooks.



3  
Resource

# Conversations that Matter: ADHD from a Woman's Perspective

## How ADHD Shapes Identity Without Defining You

ADHD symptoms do not need to define us. It's essential to remember our passions, core values, and strengths. The [Bitch Fix's podcast interview with Sari Solden](#) may help you see how ADHD fits into your overall sense of self without it becoming all-encompassing.

Embrace your identity and learn how to view ADHD as just one part of your unique self.

# Success Stories from Smart Women with ADHD

Resource  
4



## Creative Solutions and Inspirations from Podcasts That Focus on Women with ADHD

ADHD in women can manifest in unlimited ways, but it doesn't have to hold you back. It can be validating and illuminating to hear stories of other women's experiences of life with ADHD. Many women share their diverse experiences as divergent thinkers. Four of them have podcasts that feature guests who are women from a variety of backgrounds and experiences.

One is Tracy Otsuka's podcast, "[ADHD for the Smart-A@@ Woman](#)," which features interviews with successful women who have learned workarounds to create the life they want. You have big ideas, and these stories may inspire you to overcome the obstacles holding you back.

# Success Stories from Smart Women with ADHD

4  
Resource



## Creative Solutions and Inspirations from Podcasts That Focus on Women with ADHD

Another is Kate Moryouseff's podcast, [The Women's Wellbeing Podcast](#). It can be very powerful and reassuring to hear the stories of other women living with ADHD.

Still, another with an even different perspective is the podcast of two ADHD Women from the UK, [ADHDAF](#).

In this series, two Women share their experiences when learning in their late 30s that they each have ADHD and putting the pieces together of how they have been impacted.



# Emotional Navigation for Women with ADHD

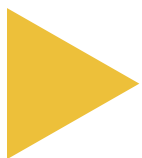
## Discover Strategies to Manage Emotions and cultivate self-compassion to better understand ADHD's impact on you

For many, the most impactful part of ADHD can be managing and understanding emotions. For many women, it is not until they learn of the connection between emotional dysregulation and ADHD that they may suspect they have ADHD. Tamara Rosier's book, "[Your Brain's Not Broken](#)," explores the emotional side of ADHD. While the emotional component is often overlooked, this guide takes a close look, offering insights and compassion to those grappling with these challenges.

It can be helpful to start with having compassion for oneself, when accepting or considering the diagnosis of ADHD. For many women the concept of self-compassion can be the departure point for better understanding how ADHD has impacted them over the years and how they want to move forward. Dr. Kristin Neff is a research psychologist who has dedicated her research work to defining and creating research-base information about self-compassion. Learn more about her work here: <https://self-compassion.org/>



# Take Control of Your Life with Compassionate Support



## You Deserve the Right Tools to Access Your Ambitions and Aspirations

Have you experienced worry and overwhelm with managing things that you see others managing effortlessly? Are you noticing that you have a lot of exciting new ideas, but that you aren't able to initiate or complete work on any of them? Does managing your emotions feel burdensome and stressful? Do you have or suspect that you have ADHD?

It might feel like at the age you are, you should have been able to figure it out. ADHD Coaching can help you gain a clearer picture about who you are and where you are currently in relation to where you want to be. Working with an ADHD Coach who specializes in working with neurodivergent brains, can help you gain perspective on how ADHD might be getting in the way of achieving goals that you are more than capable of accomplishing. It turns out that you are not lazy, lacking intelligence or unable to focus.

As a Certified ADHD Coach, I'm here to listen deeply to where you've been already and where you really want to go. Together, we'll make a clear plan and move forward, so you'll feel empowered, in control, and free to follow through with the things that are important to you.



## Let's connect:

[Book A Call Today](#)

***You're not alone, and  
it's never too late.***

There is no need to settle for dissatisfying and unhappy circumstances in your job or life. You do have agency that I can support you in examining and using it.

Together, we can understand how ADHD may be impacting you, look at where things are in your life right now, and identify where you want it to be. We can lay the foundation by talking openly about your situation to take the first step in shifting how things have “always been.”

Call me for a 30-minute chat, and together, we will work towards creating the life that really is a fit for you.



**Women with ADHD** often feel overlooked and misunderstood. Old ways of looking at ADHD have made things worse. The positive side is that understanding and managing ADHD can start anytime in your life.

Do you suspect that ADHD might impact you in ways you may not be clear on? Rest assured that you are not alone. I've gathered my top 5 tools to help you explore and learn more. These tools and resources will help you begin to gain clarity on how ADHD impacts you and help you articulate your full potential.

Cracking this open can feel intimidating and overwhelming, but there is support to help navigate this process. Let's work on this together and create a happier, more hopeful future that is more authentic to you. [Book a call today.](#)

*Alberta*



**Life with ADHD Isn't One-Size-Fits-All.  
It's As Unique As You Are.**

You're not alone in this experience. At Focal Point ADHD Coaching, we understand the unique struggle each woman with ADHD faces.

[Book a Call](#)