

# Conversation Starters

## General Awareness & Understanding:

- "Hey, I was wondering if you ever struggle with focusing on repetitive tasks. I find myself getting a little restless sometimes."
- "Have you tried any time management techniques that work well for you? I'm always looking for new ways to stay organized."
- "Do you ever feel overwhelmed by deadlines? I sometimes struggle to prioritize when everything seems urgent."
- "Have you ever felt like your brain works a little differently when it comes to focusing on tasks?"
- "What are your strategies for staying motivated throughout the day?" (This can lead to discussions about breaks, movement, or other coping mechanisms)

## Strengths-Focused:

- "I noticed you're great at catching those tiny discrepancies in the data. Do you have any tips for staying detail-oriented?"
- "You always seem to come up with creative solutions to problems. How do you approach brainstorming new ideas?"
- "I admire your ability to adapt to changes quickly. Do you have any advice for staying flexible in a fast-paced environment?"

## Open-Ended:

- "How do you manage your workload?"
- "Have you found any resources or support systems that have been helpful?"

## **Sharing and Vulnerability:**

- "I've been diagnosed with ADHD, and I'm curious if there's anyone else here who might have similar experiences." (Use this with caution, gauge the situation first.)
- "Have you ever felt like your ADHD gives you some unique strengths in your accounting work?" (This can highlight the positive aspects of ADHD)
- "I'm working on some strategies to improve my focus at work. Would you be open to sharing some of the things that work for you?"

## **Humor (use with caution):**

- "Spreadsheets are great, but sometimes I wish they had a 'hyperfocus' button!" (Lighthearted way to break the ice)
- "My brain is like a high-powered calculator – always on, sometimes calculating the wrong things!" (Can be a relatable way to open the conversation)
- "My brain feels like ten browser tabs open at once sometimes! How do you manage that?" (Lighthearted approach)
- "I swear, deadlines have a way of sneaking up on me. Any tips for a fellow procrastinator?" (Uses humor to normalize challenges)