Wired Differently, Working Well

A game-based workshop on how different brains handle work, and how your team turns that into smoother handoffs.

Every team is a mix of brains, each with its own strengths and its own friction points. In this 90-minute online workshop, your team plays an interactive game that brings both into view and turns them into practical habits. ADHD is the lens we use, because it makes these differences easy to see.

Your team leaves with

- A shared understanding of how different brains handle focus, priorities and handoffs, seen through ADHD
- Concrete manager habits for feedback, priorities and deadlines
- Team agreements that cut day-to-day friction
- A way to start the conversation without labels or awkwardness

> **Who it is for.** Built for a manager and their team in the same session: people managers, team leads and HR or people partners, together with the people they work with. Up to 24 participants, in 6 teams of 4, so everyone plays an active part.
> Nobody needs a diagnosis or has to share anything personal, and nothing is reported back to management.

WHY IT MATTERS

Every brain is wired differently. Most of it stays out of sight.

At work, a dropped handoff becomes rework, and a missed signal becomes a missed deadline. Much of that friction comes from how people process work, and most of it can be fixed with small changes in how the team works together.

8 to 9 out of 10

people with ADHD mask it at work.

UK, TAKEDA-COMMISSIONED SURVEY (2024) · NORWAY, KAROLINSKA INSTITUTE (2025)

So you can't build only for the people you know about. You build for the whole team.

59%

of managers don't feel prepared when an employee discloses ADHD

93%

of employees with ADHD value a supportive manager over any perk

£17bn

avoidable cost a year in the UK alone

WAKEFIELD RESEARCH FOR AKILI, US (2023) · NHS ENGLAND ADHD TASKFORCE (2025)

FROM GAME TO TEAM HABITS

How the session runs

90 minutes **24** participants **4** tailored scenarios

0-10 min	**Opening** Goals, ground rules and a quick poll on what you already see in your team.
10-60 min	**The game** Teams work through cases from their own daily work: handoffs, deadline-driven queues, interruptions and cross-site communication. Short ADHD insights are built into each round.
60-75 min	**Manager and team tools** Debrief, then tools for feedback, priorities, meetings and check-ins.
75-90 min	**Commitments** Everyone picks one action to try and shares it with their team. Q&A to close.

PRACTICAL DETAILS

- Online via Microsoft Teams. Participants join the game on their mobile phones, with nothing to install.
- Delivered in English.
- No preparation needed from participants.
- The session is not recorded, so people can speak openly.
- Resource sheet: after the workshop, your organization receives the key insights and tools from the session, plus selected reading and videos, to share with other teams and employees. It contains nothing personal shared in the session.

SPECIAL FOUNDER RATE · FOR SESSIONS BOOKED BY 31 DECEMBER 2026

Two options

A: Workshop

The 90-minute workshop with the game, plus a resource sheet to share across your organization.

Founder rate

Ask for details · flat fee, up to 24 participants

RECOMMENDED

B: Workshop + follow-up

Everything in A, plus a 45-minute follow-up a few weeks later. Your team reviews what worked and keeps the habits that do.

Founder rate

Ask for details · flat fee, up to 24 participants

These are founder rates for early partners, so the first session works as a pilot. Participants give short anonymous feedback at the end, and you receive a summary of the results. In return for the rate, I ask for a testimonial if the workshop is valuable to you, and permission to name your organization as a client.



About Iggy. I founded Pink Iguana Coaching in Amsterdam to help teams and leaders build their work around how brains actually work. My career has spanned law, sustainability consulting, and leading global client-facing teams. I have ADD (the inattentive type of ADHD) and have worked with it throughout my career, as a team member and as a manager, so I know both sides of the conversation. I am a coach trained at Erickson Coaching International and an ICF member working toward ACC, and I am training as an ADHD coach with ADD Coach Academy.

NEXT STEPS

1 Email me with A or B and a date range

2 30-minute call to tailor the scenarios, with a short demo of a sample round

3 Short agreement, date confirmed