MY COMMUNICATION PROFILE



MY STRENGTHS

(Things I'm good at, or ways I like to communicate)



WHAT HELPS ME FEEL SAFE

(People, places, tools, or styles that make communication easier)



THINGS THAT DRAIN ME

(Situations, styles, or environments that make communication harder)

MY COMMUNICATION PROFILE



WHAT HELPS ME SAY WHAT I MEAN

(Supports, strategies, or adjustments that make it easier to share my ideas)



EXTRA NOTES (OPTIONAL)

(Anything else I want people to know about my communication)

Thank you for exploring this ADHD SLT resource!

🌈

Created by a qualified Speech and Language Therapist with a neurodiversity-affirming approach.

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www.adhdslt.co.uk

Supporting communication, autonomy and well-being through creative, flexible activities. Scan the QR Code to explore!

